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YEARLY SPECIAL! THE HOME ISSUE

Warm & Welcoming

Inspiration for Every Space—Indoors and Out

PLUS: How to Keep It All Neat and Organized

OCTOBER 2020

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This midcentury-modern-inspired living room from The Home Depot offers a mix of textures, including an upholstered club chair and hand-knotted geometric rug. Splayed legs and subtly sculptural shapes finish off this smart space.

Litton Lane White Seagrass and Polyethylene Decorative Wicker Trays with Black Accents

3R Studios Black Striped Cotton and Chenille Throw Pillow

Home Decorators Collection Paxton Sable Brown Wood Accent Chair with Raindrop Blue Upholstery

Home Decorators Collection Conrad Antique Natural Coffee Table

StyleWell Ramsey Round Sable Brown Wood End Table with Brass Caps

Make It Mod

GATHER, UNWIND, AND RELAX WITH THE HOME DEPOT.

Emissary 32in. Cream Calyx Ceramic Vase Table Lamp

Eddie Bauer Cabin Black Plaid 20in. x 20in. Throw Pillow

Litton Lane Ceramic Pear-Shaped Decorative Vase in White

Safavieh Kenya Ivory/Black 9ft. x 12ft. Area Rug

Home Decorators Collection Pembrook Cambric Charcoal Gray Straight Standard Sofa with Tufting

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LIVE BEAUTIFUL
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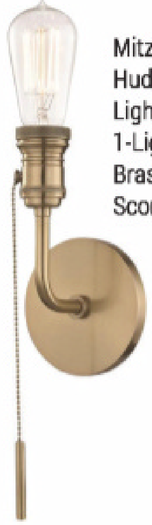
Tailormade for cozy dinner parties, this uniquely appointed dining room is anchored by a timeless sofa and statement-making cowhide rug. Add a table, sleek mirror, and contemporary wall sconce, and you've got the perfect setting for meals, cocktails, and conversation.

StyleWell Benfield Natural Wood Upholstered Dining Chair with Charleston Blue Seat

Linon Home Decor Cowhide Light Brindle Indoor Area Rug

StyleWell Black Wood Round Dining Table



Mitzi by Hudson Valley Lighting Lexi 1-Light Aged Brass Wall Sconce

Intimate Elegance

SIT, DINE, AND STAY AWHILE WITH THE HOME DEPOT.

Home Decorators Collection Lisbon 16-Piece Twilight Blue Stoneware Dinnerware Set

StyleWell Medium Rectangle Black & Gold Modern Accent Mirror

Home Decorators Collection Emma Textured Natural Polyester Chenille Sofa

Golden Rabbit 3qt. White Enamelware Pitcher

The Company Store Lambswool Solid Blue Haze Woven Throw Blanket

Home Decorators Collection Round Bronze Metal Decorative Basket with Wood Trim

Neutral Soft Pom Pom Beige/ White Geometric Polyester Standard Throw Pillow

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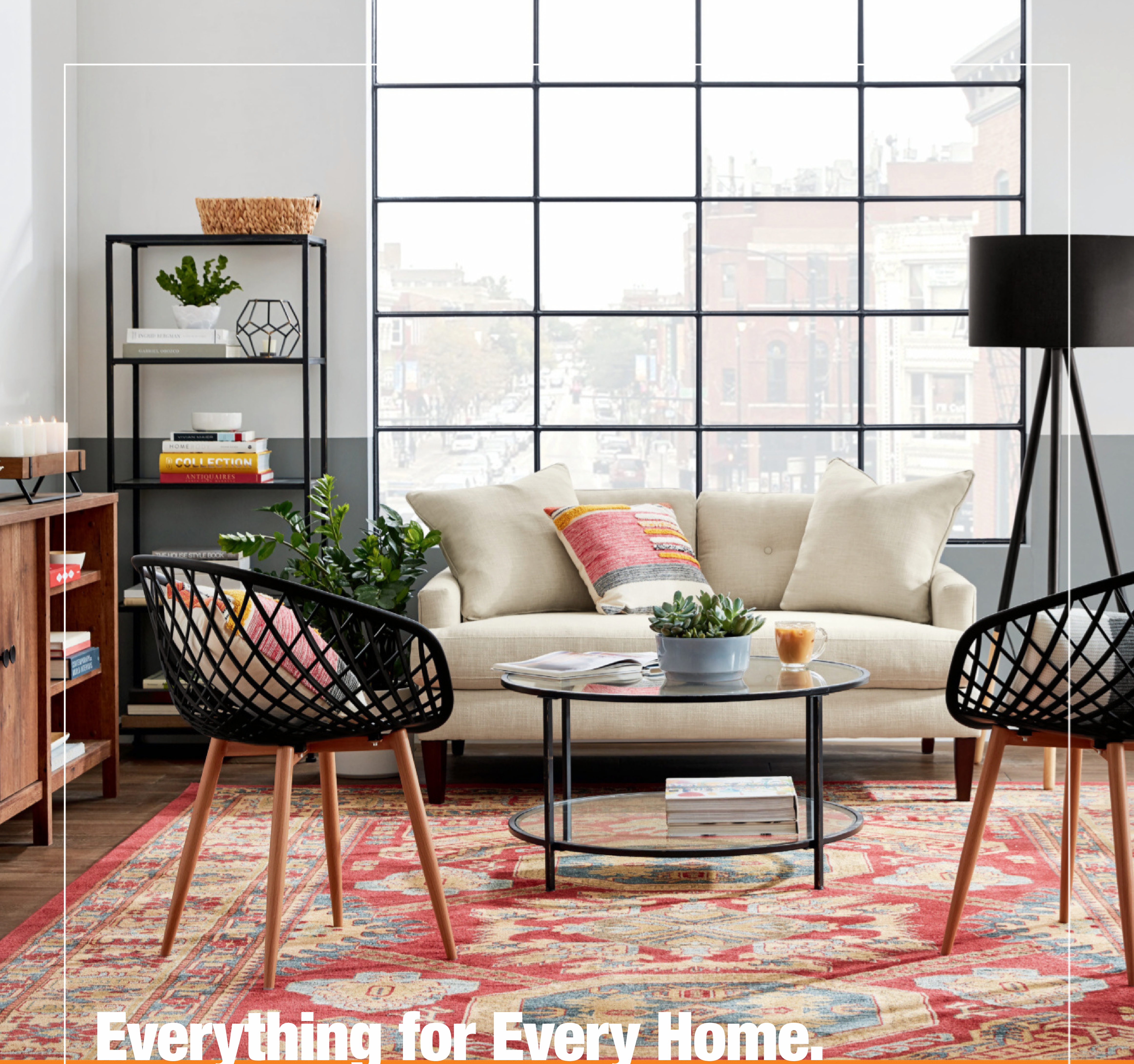

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October

In This Issue

Like what you see? Refresh your home with The Home Depot products. Look for them in our feature story later in this issue.

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MIXED MEDIA

Sculptural shapes, metal accents, and natural elements come together for detail-driven ambiance

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Textural throws offer layers of warmth

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TIMELESS TABLEWARE

Pops of color brighten any table

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more from
The Home Depot

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"There is much that a renovation can teach us about respect and empathy, the weaving of our needs into those of another—even if the other is made of wood. Perhaps especially so. A house is a quiet partner; you have to listen carefully."

—ERICA BAUERMEISTER, *House Lessons*

STOCKSY

Photograph by Jelena Jojic Tomic

48%

OF DOMESTIC VIOLENCE VICTIMS DON'T LEAVE BECAUSE THEY CAN'T BRING THEIR PETS

We're changing that.

Through the Purple Leash Project, Purina and RedRover are raising awareness of this critical issue and are working to create more pet-friendly domestic violence shelters in every state. To see how you can help people and pets stay together and heal together, visit **PurpleLeashProject.com.**

PURPLE LEASH PROJECT

PURINA + RedRover

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PURINA Your Pet, Our Passion.

Editor's Note

Neat Is Nice, but Comfy Is Mandatory

I LIKE SO MANY things about this year's Real Simple Idea Home. I like that it's colorful. I like that it's clean and simple and beautifully designed. I like that it's organized. And that it has moments of serenity and corners of creativity.

But what I probably like most about this special space—the product of nine designers transforming as many spaces under the careful direction of our home editors Stephanie Sisco and Leslie Corona—is how cozy it feels. When you get right down to it, neat is nice, but comfy is mandatory.

In the photo above, I am hugging a watercolor of my dog, Milo, from the Etsy shop Coconuttowers. The piece hangs in the home's upstairs library, a.k.a. "woman cave," and was commissioned by Etsy's Dayna Isom Johnson, who always wants the rooms she designs to have hits of color, objects of delight, and mementos of things we love to spark creativity and foster connection. And while I adore the wallpaper (so fresh!) and covet the couch (an eye-popping teal!), it was this surprise that made me squeal with sheer happiness.

Milo is the Sphinx outside my bathroom, the bark that greets every mail carrier, my sweet and expectant shadow. We've barely separated since I started working from home in March.

Somewhere along the way for me, home began to star Milo and the unconditional love that runs both ways. He sits on my feet. I pet his soft fur. He steals our socks, and I scratch him deliciously as punishment. Milo the rescue pup from Arkansas, who was marketed as a Bernese mountain dog, but who came bounding off the bus mostly coonhound—and lovebug.

He is home.

xo

The Leash That Binds

The statistics are heart-wrenching for anyone, and especially visceral for pet owners: One in three women experience some form of domestic violence in their lives, but as few as 10 percent of domestic violence shelters allow pets. A woman shouldn't have to choose between seeking safety for herself and staying with a beloved pet and an abuser. (More than 70 percent of women who've experienced domestic violence have reported that their abusers threatened, harmed, or killed a pet as a means of control.) The Purple Leash Project aims to change this: A partnership between RedRover and Purina, the program is making domestic violence shelters more pet-friendly—so women can bring their animals and unconditional loves, but leave violence and abuse behind. To find out more, go to redrover.org/dvhelp.

EXPERIENCE THE REAL SIMPLE HOME
Hover your phone's camera over this smart code to take a video tour of the space starting September 18.

HAIR BY KOSIA ASIAMAH FOR LUMIE SALON; MAKEUP BY CARINE POLICARD

Photograph by Alex Frank

"I haven't seen any other tool like this."
–Jean Chatsky, Financial Expert

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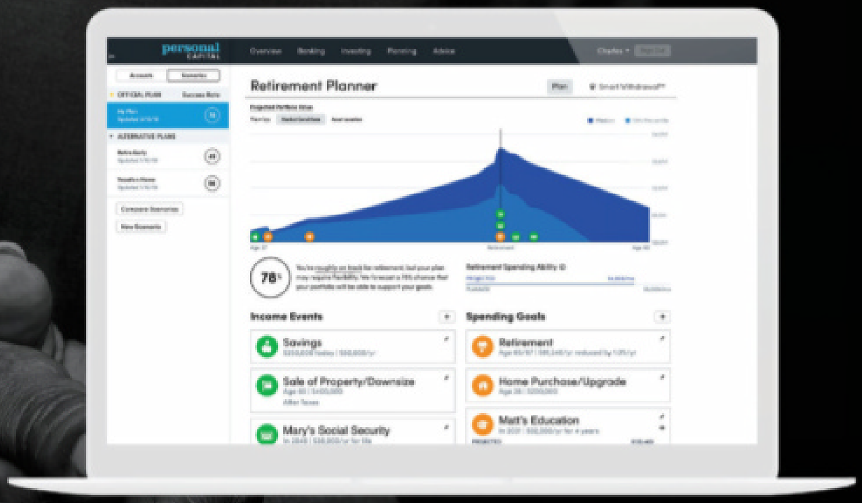

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5 Simple Ways to Enhance Your Morning Routine

Whether it's changing up your workout regimen or swapping your normal cup of coffee for a new blend from **Starbucks**, elevating your morning has never been easier.

KICKSTART YOUR BRAIN WITH A BOOK

Your brain is charging up for the day during breakfast, so make it work double-time by reading that book you've been eyeing.

MIX UP YOUR WORKOUTS

There are several ways to yank yourself out of a workout slump. Reach out to a friend who will keep you accountable, sign up for an online class, or head to the great outdoors for a run. A slight change in your workout routine will make you move your muscles differently.

GET BALANCED WITH YOGA MOVES

Greet the day with a consistent morning stretching routine to increase your flexibility, help with stress management, and warm up your muscles.

PREPARE YOUR BREAKFAST AHEAD OF TIME

Try overnight oats, which are a blank canvas for toppings, or bake a big batch of muffins and freeze them for the week. By prepping ahead, you'll have a nutritious breakfast ready for you every morning!

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COFFEE WITH ESSENTIAL VITAMINS
KEURIG
MEDIUM ROAST
COFFEE WITH 2X CAFFEINE
10

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2X CAFFEINE*

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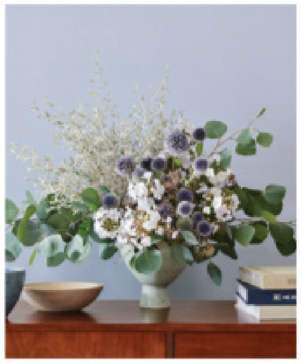
Steal ideas from the Real Simple Home—and make your own space just as dreamy

ON THE COVER



TO BUY: Vase; frances palmerpottery.com for info. **FLOWERS:** Globe thistles (echinops), white phlox, artemisia, silver dollar eucalyptus, and seeded eucalyptus.

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"Modern meets pink."

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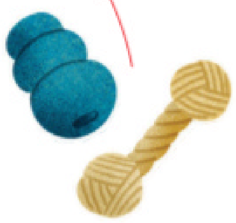
"Dog toys everywhere."

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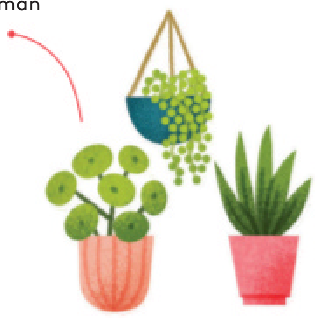
"Modern, colorful, plants."

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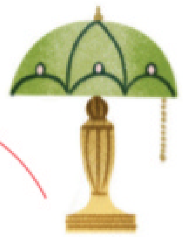
"Downton Abbey wannabe."

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All are welcome, and though we may not always agree, the love never ends.

@BOC2G10

#RSLOVE "HOME IS WHERE OUR FAMILY BLOOMS. IN THE GARDEN WE GROW!" @LAPETITJARDIN

For sharing this photo with us, @lapetitjardin will receive our new special edition, The Power of Less. If you want your picture to be considered, tag photos on Instagram with #rslove.

Life is simple. You can be uninhibited. You can watch and listen to whatever you want. You can laugh as loudly as you want. You can cry as much as you want. There is no judgment.

NIKKI MORRIS,
LIMA, OHIO

There's a room with an oversize chair and an array of books just waiting to be read.

KIMBERLEY COX,
BLACKLICK, OHIO

The Wi-Fi connects automatically.

@SOOVERYKARI

Real change begins. It's where you can have heart-to-heart discussions about sensitive subjects, ask questions without judgment, and do the work so you can go out into the world with an open mind, better prepared to stand up and speak out for what you believe in.

JENNIFER MERRITT,
TUCSON, ARIZONA

I don't have to hide my chocolate.

KRISTI DAVIS,
GARLAND, TEXAS

The comfy pants come on!

@MRS_CHESEBROUGH

The music is. When my family is together, you won't find us without a speaker and music. My dad, the ultimate rock music historian, is always playing songs and teaching us about the history behind the lyrics and artist.

STEPHANIE BERGMAN,
MEDINA, OHIO

I feel comfortable enough to sport my "just woke up" bedhead look. I don't share that with just anyone.

PATRICIA NILL,
CLEVELAND

Everything happens now: the good, the bad, the 15th banana bread.

@KATHYGEE51

The four generations of our family gather. Even if it is via video.

MAGGIE ROLLINS, BROOKINGS, OREGON

I fall asleep within five minutes of getting into bed.

@CLWNFSH

All the slippers fit—glass or fuzzy.

CHRISTINE LIBERATORE, MYRTLE BEACH, SOUTH CAROLINA

Every story begins.

MINDY HINKLE, SEATTLE

I find a tiny toy animal under a piece of furniture, left behind by one of my grandchildren, and it makes me smile remembering their last visit.

PAMELA SCOTT, ROSLYN, PENNSYLVANIA

Home is where I left my keys!

WENDY GLICKSTEIN, NEW YORK CITY

Our rescue cat lives. Polly (the polydactyl) gives us love and joy each day, and we return the same to her. The expression "Who rescued who?" is so true!

TERESA ARNOLD, CHESAPEAKE, VIRGINIA

My husband is. We fell in love at 15, life kept us apart, and we recently reconnected and married. My life was just marking time until I could find him again. Wherever he is is where I want to be. It is home.

CAROL POE, ATHENS, GEORGIA

I'm loved the most.

GAYLE ERTEL, MASON, OHIO

At the request of my 13-year-old son: "**Home is where my house is.** My heart is in my chest!"

LINDSAY OSWALD, THREE RIVERS, MICHIGAN

The toddler dance parties are!

JENN DEATLEY, SAN ANGELO, TEXAS

Reader of the Month

KAYTE ABAFFY, 31

DOCUMENTARY PRODUCER
CHILLICOTHE, OHIO
@KAYTEGRACEMUSIC

Home is where...
I'm known and there's nothing to explain. What a sweet, freeing, restful feeling!

What's your pet's name?
No pet. Just my late sourdough starter. (Moment of silence.)

Most organized part of your life:
My Instagram. I've alternated my photos—person, thing, person, thing—for years.

Least organized:
My makeup bag is a free-for-all.

Social media philosophy:
If it's not beautiful, refreshing, or hilarious, unfollow.

What's always in your home?
Free-range eggs from the family down the road.

What's always in your bag?
Wet wipes.

What's always in your car?
Chocolate chip Clif Bars for snack attacks. And one extra diaper for the kiddo, just in case.

Next Question

WHAT'S SOMETHING YOU LEARNED ABOUT YOURSELF IN 2020?

Send an email to **yourwords@realsimple.com** and let us know your answer to this question. Your response could appear on these pages.

HEADSHOT COURTESY OF LUKE ABAFFY

THRESHOLD™

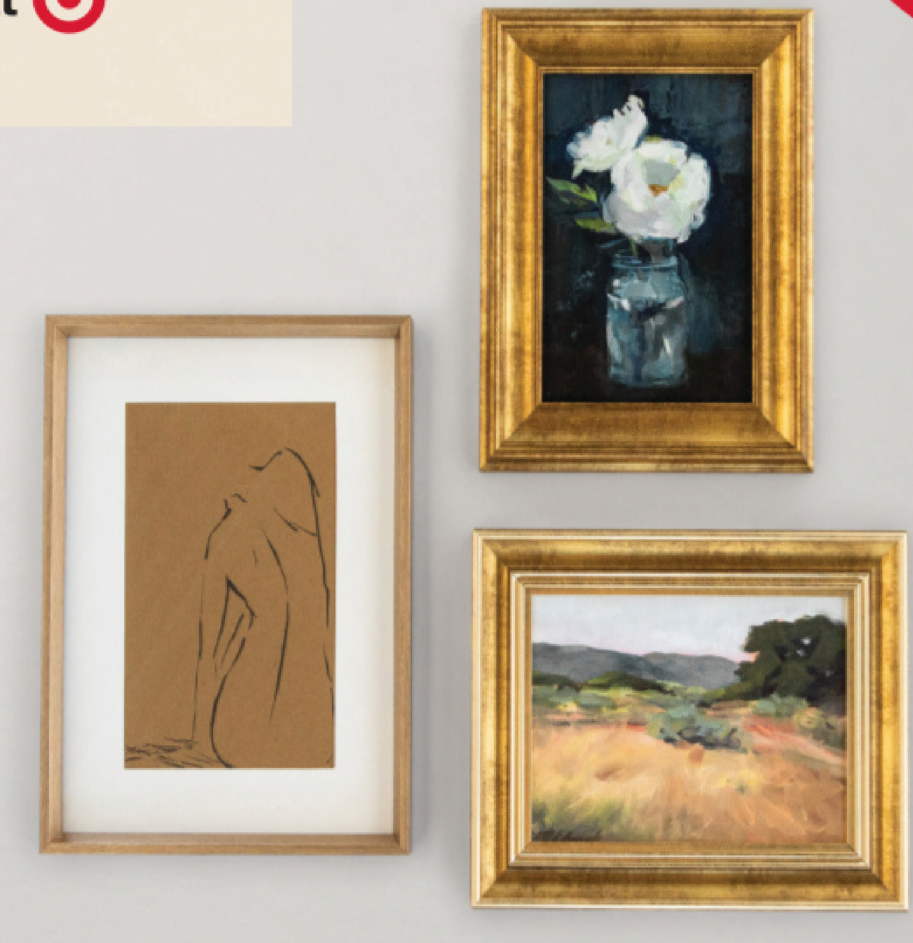
QUALITY & DESIGN

designed with

STUDIO MCGEE

Transition your home into fall by adding cozy textiles, a warm color palette, and natural textures.

new & only at



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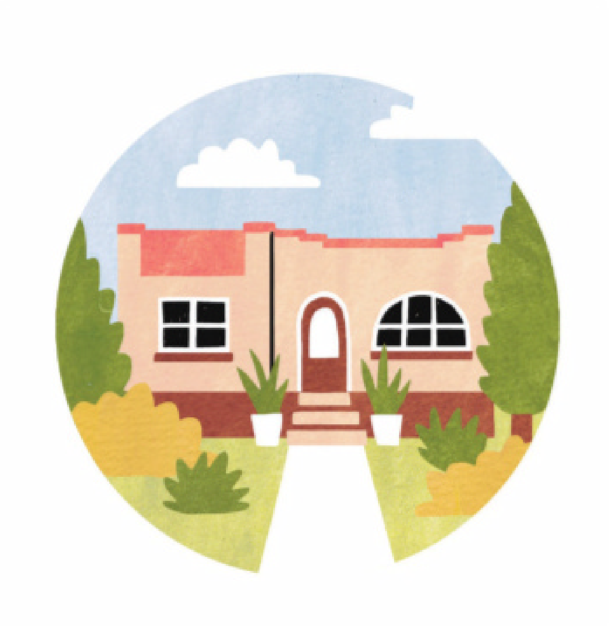


My Simple Realization

"Home Is a Feeling"

WHILE CLEANING OUT HER LATE GRANDMOTHER'S HOUSE, HEATHER MUIR MAFFEI RECALLS THE SWEETNESS OF SMALL-TOWN LIFE.

ABOUT TWO MONTHS after my almost 87-year-old grandmother died, I spent some time at her house. While it was strange to be there without her, I loved going through her old photos and possessions, like her typewriter and sewing machine. They reminded me she was a girl, a teenager, a wife, and a lady in addition to being my Gram. In the process, I learned more about her pink stucco house, which always stood out in our small town in the best way.

The house was built by her dad, Harley, in 1938, for himself and his wife, Sallie, who my mom is named for. He saw a picture in a book and tore it out because he wanted to build a home just like it—never mind that it was in the Spanish Revival style of the American West and they lived in a one-stoplight town in western Pennsylvania. Gram grew up there, then moved to a blue house nearby to raise her family after she got married. Later, she moved back into the pink house to take care of her mom. Gram lived there until her final few weeks.

She spent her entire life in this little square in Davidsville, Pennsylvania. Her space was decorated exactly how she wanted it to be, with rose-printed knickknacks, angel and cat figurines, tons of clothing, sparkly costume jewelry, and pictures of all of us: her three kids, their kids, and their kids' kids.

I remember running in to peer inside the blue candy dish on her hutch (it was usually filled with chocolate turtles), spending every New Year's Day there eating pork and sauerkraut, and catching butterflies in her yard, with its huge honeysuckle bush. They say home isn't a place, it's a feeling. And while we're not sure who will live in Gram's home next, I'll never forget the warm and fuzzy feelings I felt at that pink stucco house.

HEATHER MUIR MAFFEI IS *REAL SIMPLE*'S BEAUTY DIRECTOR.

ILLUSTRATION BY SANNY VAN LOON/SHOP AROUND

NESPRESSO

INTRODUCING

NEW VERTUO NEXT

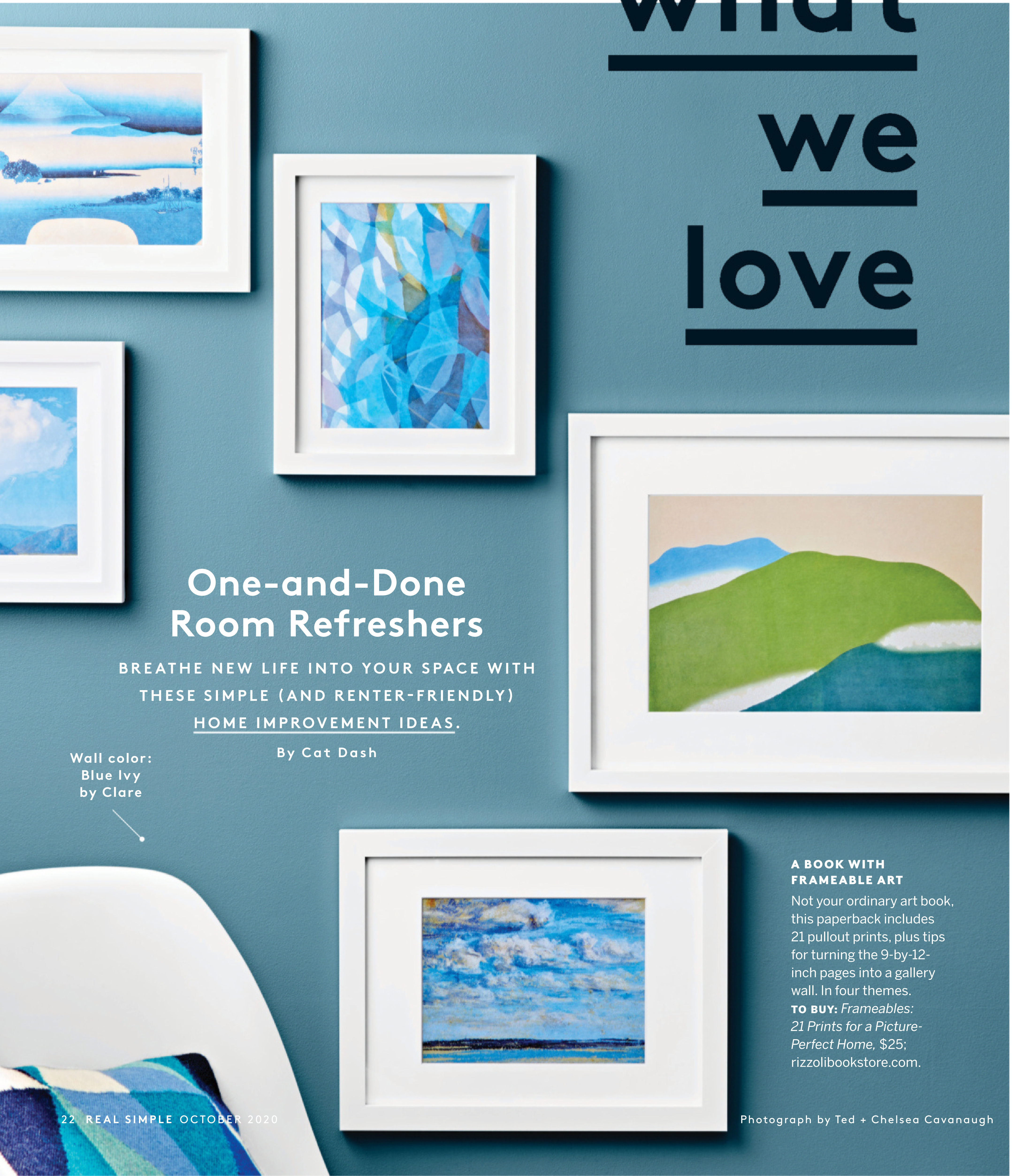
EXCEPTIONAL COFFEE AND ESPRESSO
FROM AN INNOVATIVE BREWING SYSTEM.

EXPECT MORE FROM EVERY CUP

NESPRESSO.COM

EVERYTHING OUR EDITORS ARE BUZZING ABOUT THIS MONTH

what we love



One-and-Done Room Refreshers

BREATHE NEW LIFE INTO YOUR SPACE WITH THESE SIMPLE (AND RENTER-FRIENDLY) HOME IMPROVEMENT IDEAS.

By Cat Dash

Wall color: Blue Ivy by Clare

A BOOK WITH FRAMEABLE ART

Not your ordinary art book, this paperback includes 21 pullout prints, plus tips for turning the 9-by-12-inch pages into a gallery wall. In four themes. **TO BUY:** *Frameables: 21 Prints for a Picture-Perfect Home,* $25; rizzolibookstore.com.

Photograph by Ted + Chelsea Cavanaugh

PROP STYLING BY ASTRID CHASTKA FOR HELLO ARTISTS. HARMONI SQUARE PILLOW IN NAVY, $265; JOHANNAHOWARD.COM

GLAD + REAL SIMPLE

Tips To Create a Coastal Oasis in Your Home

1
2
3
4
5
6
GLAD
DRAWSTRING
Beachside Breeze
34
ForceFlexPlus
GLAD
Beachside Breeze

1 LIGHTEN UP
For a relaxing atmosphere, add some table lamps that will create soft, natural lighting around your home.

2 SUMMERTIME LOUNGING
Give your space new life with small touches — colorful pillows and throws for couches and chairs will create a cozy summer vibe.

3 SHADES OF THE SEA
Bring the outside in with serene paint colors that remind you of the beach, such as ocean or sky blues.

4 CHARMING ACCENTS
Add personal touches and whimsical décor to warm up your space and make it feel like home.

5 BEACH BREEZE
For a pop of color and a relaxing, beachy scent, add Glad's Beachside Breeze® trash bags in various rooms — creating an everyday oasis.

6 FRESH HUES
Crisp, white furniture, such as this cozy bench, transforms the space to feel bright and airy.

2020 SPONSOR

REAL SIMPLE
HOME

Flip to page 112 to see the Real Simple Home.

PRESENTED BY GLAD

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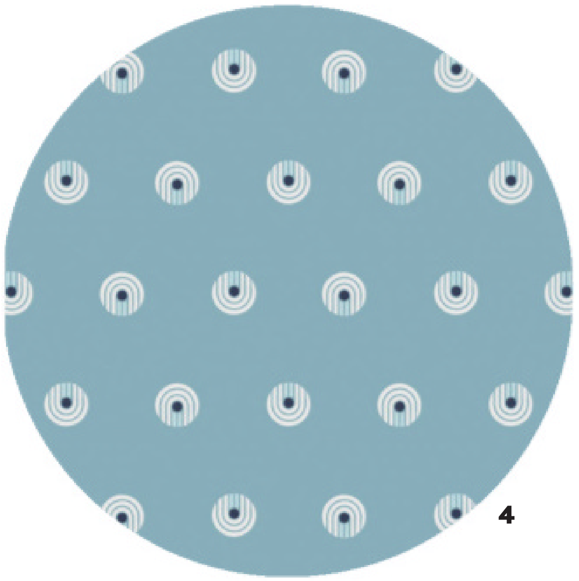
1

2

3



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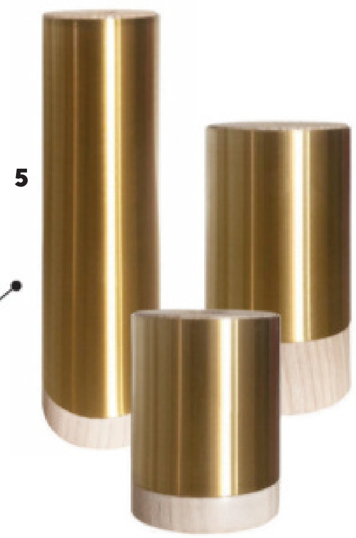


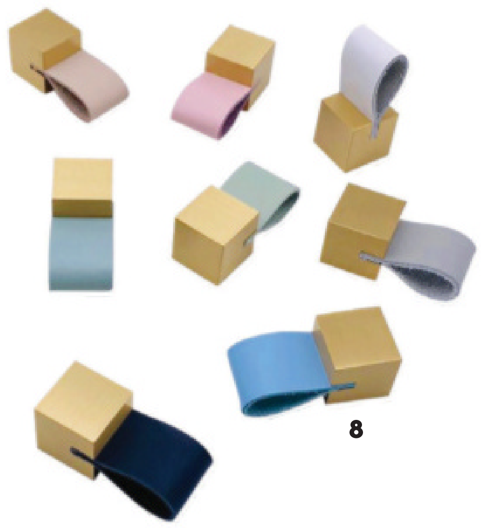
5

Modernize your sofa in minutes with these chic screw-on legs.

6

CLARE
Perfect Eggshell
Paint

7



8

1 A FUNKY SHADE Choose from hundreds of colorful, patterned drum shades to add interest to a basic lamp base. **TO BUY:** Drum Lampshade in Fresh Air by Beth Schneider, from $45; minted.com.

2 STICK-ON BACKSPLASH Fake a tile backsplash with removable resin panels—no mortar, grout, or hard work needed. **TO BUY:** Mosaic Marble Peel & Stick Backsplash, $56 for 8 (10 in.) panels; westelm.com.

3 DELICATE DETAIL Swap your germy switch plate for this beautiful brass number. It brings bling *and* antimicrobial properties. **TO BUY:** Hex Brushed Brass Single Toggle Switch Plate, $10; cb2.com.

4 WORRY-FREE WALLPAPER A loose, gridded pattern makes this peel-and-stick wallpaper goofproof for first-time installers. **TO BUY:** Chasing Paper x New Hat Projects Wallpaper, from $40 per panel; chasingpaper.com.

5 SWAPPABLE SOFA LEGS Elevate your Ikea furniture (in more ways than one) with these stylish legs made of brass and ash wood. **TO BUY:** Ester Furniture Legs, from $64 for 4; prettypegs.com.

6 BRIGHT LIGHT This plug-in sconce spares you tricky wiring—the cloth-wrapped cord is cute enough to be on display. **TO BUY:** Standard Sconce, $165; humanhome.co.

7 TRUE COLORS, DELIVERED Take the pain out of paint shopping with 56 curated colors, removable adhesive samples, and all the tools for the job—shipped straight to your door. **TO BUY:** Wall Paint, $54 per gallon; clare.com.

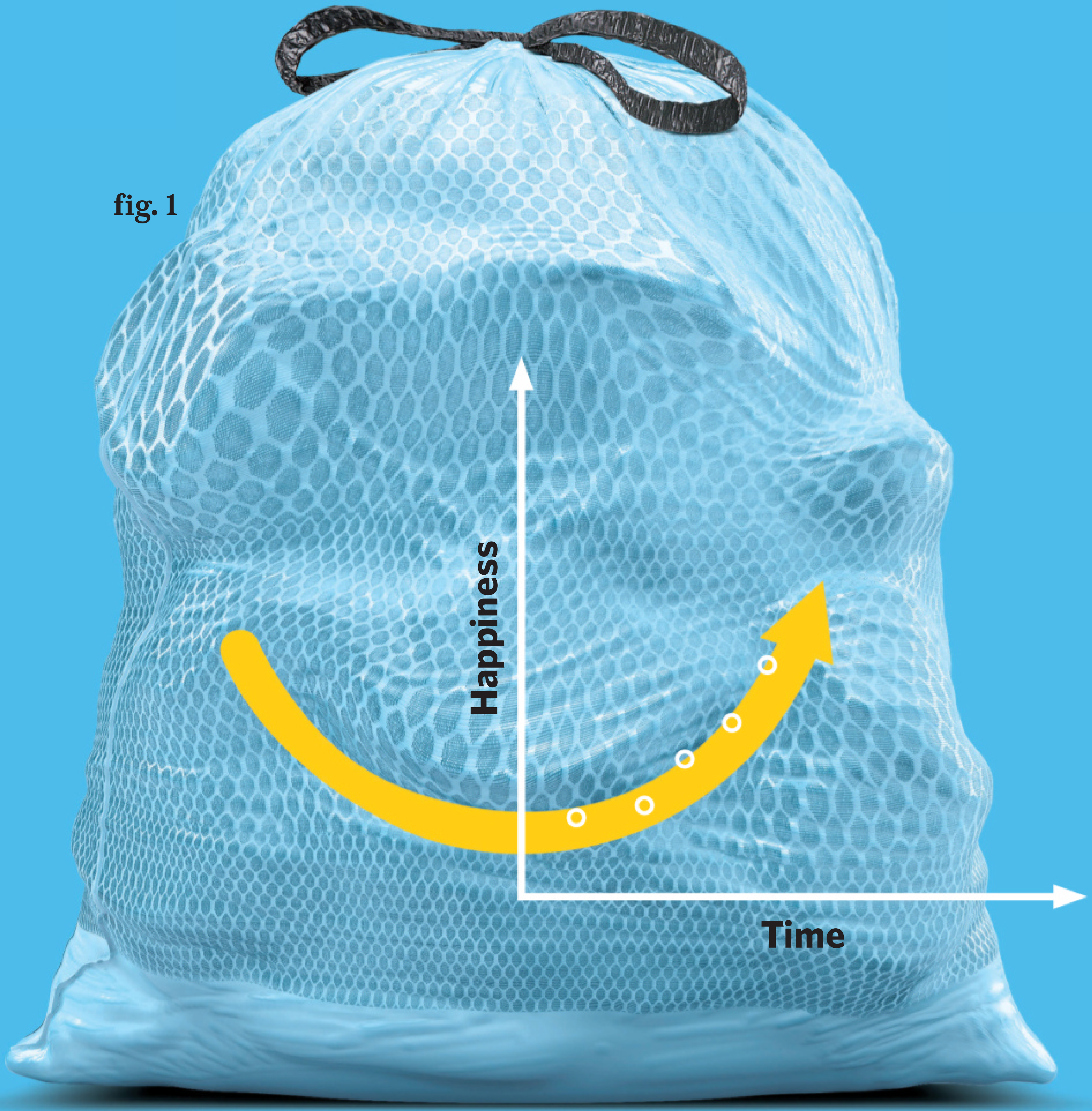
8 DRAWER DECOR These knobs come in 11 colors to give a mass-market dresser a more custom feel. **TO BUY:** Brass Cube with Leather Drawer Pulls, $19 each; hookedpullmeknob.etsy.com.

PRODUCT IMAGES COURTESY OF MANUFACTURERS

The first trash bag worthy of a smile.

New Glad Beachside Breeze

fig. 1


Happiness
Time

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GLAD
ForceFlexPlus
febreze freshness
Beachside Breeze

Meet the happiest trash bag.
With bright new colors and scents, plus dual-layer strength, it's sure to put your trash in a better mood.

GLAD

Be happy, it's Glad.™

The Short List

What Should I Read Next?

TOP PICKS FOR EVERY TASTE

By Kristyn Kusek Lewis

Witty Rom-Com

Lucy is a 40-something white mother of two. Joseph is a 22-year-old Black aspiring DJ. When they meet at the London butcher shop where Joseph works, they're caught off-guard by their feelings for each other, and nearly as baffled by their awkward courtship as their wide-eyed friends and family are. *Just Like You* by Nick Hornby is a sweet and funny testament to the wonderful things that happen when you allow yourself to follow your heart.

Memoir with a Message

Once I Was You is a candid, timely autobiography by Emmy Award–winning journalist and NPR anchor Maria Hinojosa. Drawing on her Mexican family's relocation to the U.S. and her experience in media, Hinojosa tells the searing story of how our immigration policy came to be—and what it means for every single American. Intimate and unflinching, this memoir is packed with teachable moments.

Juicy Crime Novel

Rebecca Farwell is leading a double life. In Pierson, Illinois, she's Becky, the diligent, kind of dull town treasurer who lives alone in her family's farmhouse. But her creative number crunching with the town's money funds her alter ego's obsession for acquiring art. As Reba, she's a champagne-sipping, couture-wearing shark who's made millions in the art scene in New York and Chicago. Inspired by a true story, Emily Gray Tedrowe's *The Talented Miss Farwell* is a read-it-to-believe-it page-turner about a con artist whose luck can't last.

Time-Travel Tale

In *The Invisible Life of Addie LaRue,* a fantasy novel by V.E. Schwab, a young woman in 18th-century France escapes an arranged marriage by making a bargain with the devil for the ultimate freedom: She'll be immortal…but no one she meets will ever remember her. Then one day in a bookstore, after 300 years of loneliness, she meets a man who recognizes her. Everything changes, revealing just how much we need connection after all.

Twisty Thriller

This chilling, clever mystery begins where most suspense stories end: with the escape. When a woman flees the windowless shack where she's been held captive, she says she's Lena, who disappeared almost 14 years ago—she even has the distinctive scar to prove it. But her parents insist she's not their missing daughter. The deliciously creepy *Dear Child* by Romy Hausmann is deftly crafted and keeps you guessing until the very last page.

For more book recommendations, visit realsimple.com/newbooks.

Nick Hornby Just Like You
Once I Was You Maria Hinojosa
THE TALENTED MISS FARWELL EMILY GRAY TEDROWE
V.E. SCHWAB THE INVISIBLE LIFE OF ADDIE LARUE TOR
Dear Child Romy Hausmann FLATIRON BOOKS

Photograph by Ted + Chelsea Cavanaugh

PROP STYLING BY ASTRID CHASTKA FOR HELLO ARTISTS

SMOOTHING OUT WRINKLES?
EASY. GIVE IT A WEEK.
THE FASTEST DERM-PROVEN RETINOL FORMULA.
Neutrogena®
Rapid Wrinkle Repair®
regenerating cream
ACCELERATED
RETINOL·SA
#1 DERMATOLOGIST RECOMMENDED BRAND
Neutrogena®

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Clever Items

LITTLE HELPERS TO MAKE YOUR LIFE EASIER

By Brandi Broxson

1

EAT WITH YOUR EYES

Whether you're serving up a big salad or a bowl of worms (er, pasta), this dishwasher-safe set is sure to amuse everyone at the table. **TO BUY:** Pasta Servers, $20; animicausa.com.

2

TOTALLY TUBULAR

Wear this moisture-wicking gaiter around your neck to stay cool and dry while exercising. Come winter, you can even use it as a skullcap. In eight designs. **TO BUY:** Neck Gaiter, $19; cutawayusa.com.

This adjusts to easily reach the far corners and narrow spots.

3

PRESTO CHANGO RAKE

The handle extends from 34 to 70 inches long, and the sturdy yet flexible business end adjusts from 7½ to 22 inches wide. **TO BUY:** Steel Head Telescopic Adjustable Fan Rake, $22; homedepot.com.

3M
CLAW
DRYWALL PICTURE HANGERS
45
POUNDS
20KG
MARK
PUSH
HANG

4

ALL-THUMBS INSTALL

Don't bother hunting for a stud. Just press this steel claw into the wall with your thumbs. It will hold a frame or mirror weighing up to 45 pounds. **TO BUY:** 3M Claw Drywall Picture Hangers, $10 for 3; target.com.

5

NEXT-LEVEL LANTERN

It has the happy-camper vibes of a vintage oil lamp but with 21st-century functionality, thanks to a Bluetooth speaker and dimmable LED. **TO BUY:** LED Lantern Speaker, $110; store.moma.org.

6

MULTITASKING TRAY

Top this nonstick aluminum tray with a Silpat mat and bake a dozen cookies. When they're done, flip the tray over and use it as a cooling rack. **TO BUY:** Silpat Cook N' Cool Perfect Baking Tray, $40; williams-sonoma.com.

PRODUCT IMAGES COURTESY OF MANUFACTURERS

SMART
CLEAN
POWERFULLY CLEAN
WITH JUST THE ESSENTIALS™
ARM & HAMMER
THE STANDARD OF PURITY
Clean&Simple™
made with 6 essential ingredients and water
Hard-Working Cleaner
Active Stain Remover
Laundry Booster
Pure Baking Soda
Water Softener
Gentle Fragrance
Crisp Clean™

ARM & HAMMER THE STANDARD OF PURITY MORE POWER TO YOU™

New Clean & Simple.™ A powerful clean with 6 essential ingredients* that's safer for your family—all at a smart, low price.

SAFER CHOICE Meets U.S. EPA Safer Product Standards epa.gov/saferchoice

*and water.

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PURINA Fancy Feast

THE BEST OF BOTH WORLDS

Delicate paté meets delicious gravy for a culinary experience unlike any other.

LOVE IS IN THE DETAILS®

Fancy Feast
SAVORY CENTERS
Paté With Salmon and a Gourmet Gravy Center
Fancy Feast
Classic
Broths
Fancy Feast gourmet naturals
natural white meat chicken recipe in gravy
Fancy Feast Appetizers
oceanfish appetizer with a shrimp topper in a delicate broth
Fancy Feast Medleys
Purely Fancy Feast
Filets

PURINA Your Pet, Our Passion.

Pretty Smart

A Machine-Washable Makeup Sponge

PLUS SEVEN OTHER BEAUTY BUYS TO SIMPLIFY YOUR ROUTINE

By Heather Muir Maffei

Makeup Eraser The Sponge
Soft and squishy, this nonabsorbent sponge evenly distributes foundation without wasting precious product. Use it dry for full coverage, or dampen it for a sheer tint. The wow factor: The sponge snaps into a vented ball, so you can clean it in the laundry with a load of towels. **TO BUY:** $18; makeuperaser.com.

PROP STYLING BY ASTRID CHASTKA FOR HELLO ARTISTS

Photograph by Ted + Chelsea Cavanaugh

1 CHAPPED-LIP FIXER

Dr. Pawpaw Scrub & Nourish
One pot, two products. Massage the sugar scrub over lips to buff away flakes. Wipe off residue, then swipe on the olive-oil-infused balm. Psst: It softens heels too. **TO BUY:** $10; ulta.com.

2 CHEST PROTECTOR

Colleen Rothschild Beauty "Breast" Friend Self-Exam Butter
Follow the steps on the jar to check for lumps. Floral-scented murumuru butter helps fingers glide, so the process feels less scary and more like self-care. **TO BUY:** $42; colleenrothschild.com.

3 MULTIMASKERS

Faace Skincare Masks in Period, Sweaty, and Tired
Let the name tell you which mask you need. After a workout? Slather on Sweaty. A restless night? Tired. That time of the month? Period. **TO BUY:** $35 each; wearefaace.com.

1
Dr. PAWPAW
SCRUB & NOURISH
VELOUR
5
2
COLLEEN ROTHSCHILD
"Breast" Friend
Self-Exam Butter
6
ELEVEN
UNRIVALED SUN SERUM
SPF 35
100% Sheer Mineral Broad Spectrum
25% Zinc Oxide Sunscreen Serum
UVA/UVB Protection
30ML/1 FL.OZ.
mask
PERIOD
faace
mask
SWEATY
faace
mask
TIRED
faace
3
Baby Cream to Powder
Crème-Poudre pour Bébé
Fragrance Free | Sans Parfum
pipette
7
4

4 SMOOTHING PRIMER

Trinny London Miracle Blur
Before you put on makeup, apply this around your eyes or lips to temporarily fill and soften lines. **TO BUY:** $34.50; trinnylondon.com.

5 EYELASH INNOVATION

Velour Beauty Lash & Go Eyeliner and Lash Adhesive Hybrid
Falsies just got easier. Instead of fussing with glue, rim your eyes with this black liquid liner and place lashes on top to set 'em and forget 'em. **TO BUY:** $23; sephora.com.

6 SUN SHIELDER

EleVen Unrivaled Sun Serum SPF 35
This lightweight serum feels so elegant and blends so well, you almost can't believe it's a physical sunscreen. Prickly pear is a hydration bonus. **TO BUY:** $50; credo beauty.com.

7 IRRITATION ERASER

Pipette Baby Cream to Powder
OK, it's meant to prevent diaper rash, but this talc-free, no-mess lotion soothes irritation on chafe-prone spots, like your inner thighs and below your boobs. **TO BUY:** $10; pipettebaby.com.

EYELINER SMEAR: JON PATERSON; PRODUCT IMAGES COURTESY OF MANUFACTURERS

Road Test

Don't Sweat It

WE DID THE LEG (MAKE THAT "ARM") WORK TO FIND THE BEST WAYS TO PREVENT DAMPNESS, STAINS, AND STENCH. OUT OF 17 DEODORANTS TESTED, THESE SIX HELPED US CUT THE SHVITZ.

By Anneke Knot

REALSIMPLE
ROAD TEST
ALUMINUM FREE
free of parabens, dyes & talc
Secret
LAVENDER
COTTON
COCONUT
48 HR ODOR PROTECTION DEODORANT
NET WT. 2.4 OZ (68 g)

BEST ALUMINUM-FREE

Secret Aluminum Free Deodorant

Underarm school is in session. Today's lesson: Antiperspirants contain aluminum, which blocks pores and stops sweat. Deodorants diminish smell and are often considered the more natural option. This formula, which is free of talc and baking soda, uses Dead Sea salt to kill BO. **TO BUY:** $5; target.com.

BEST TREATMENT

Kosasport Chemistry AHA Serum Deodorant

Rich in alpha hydroxy acids, this serum feels like a tingly facial for your pits. Lactic, mandelic, and shikimic acids fend off stink throughout the day. **TO BUY:** $15; credobeauty.com.

BEST REFILLABLE

Beautycounter The Clean Deo

Reducing waste has never been cuter. When the tube is empty, slide in a refill. In rose, coconut, or lavender scent. **TO BUY:** $28 ($18 per refill); beautycounter.com.

Degree
advanced protection
72H

BEST SPRAY

Degree Women Advanced Protection Dry Spray

This spray dries instantly—so no stains. The tightly capped can works for a gym bag. Also? The passion fruit scent can totally pass for perfume. **TO BUY:** $6; target.com.

ANTI-ODORANT

BEST WIPE

Surface Deep Anti-Odorant Pads

Most deodorants deposit ingredients to absorb wetness and fight bacteria. This exfoliating wipe removes dead skin and oils that cause the odors to begin with. **TO BUY:** $26 for 30; surfacedeep.com.

Dove
advanced care

BEST ANTIPERSPIRANT

Dove Advanced Care Antiperspirant

This cult favorite got an upgrade that promises two full days of dryness. The stick is ultra creamy—yet magically leaves no white residue—and infused with sunflower oil for added hydration. **TO BUY:** $5; at mass retailers.

PRODUCT IMAGES COURTESY OF MANUFACTURERS

Thinking of going au naturel? Get the scoop on switching to natural deodorant at **realsimple.com/natural.**

New Uses for Old Things

Rubber Bands

SURE, THEY CAN CORRAL A PILE OF MAIL OR HANDFUL OF PENS, BUT THEY DO SOME OF THEIR BEST WORK WHEN THEY'RE OUT OF OFFICE.

By Brandi Broxson

DISPENSER DECELERATOR

If little hands are pump-pump-pumping out way more soap or sanitizer than they need, conserve your supply by wrapping a rubber band around the spring mechanism.

LID RELEASER

Protect your biceps (and sanity) by placing a rubber band around a stubborn jar cap. It will improve your grip and make twisting easier.

SLIP-FREE CUTTING BOARD

Stretch rubber bands around the top and bottom of your board to prevent it from sliding as you slice and dice (yikes!).

EARRING BACK

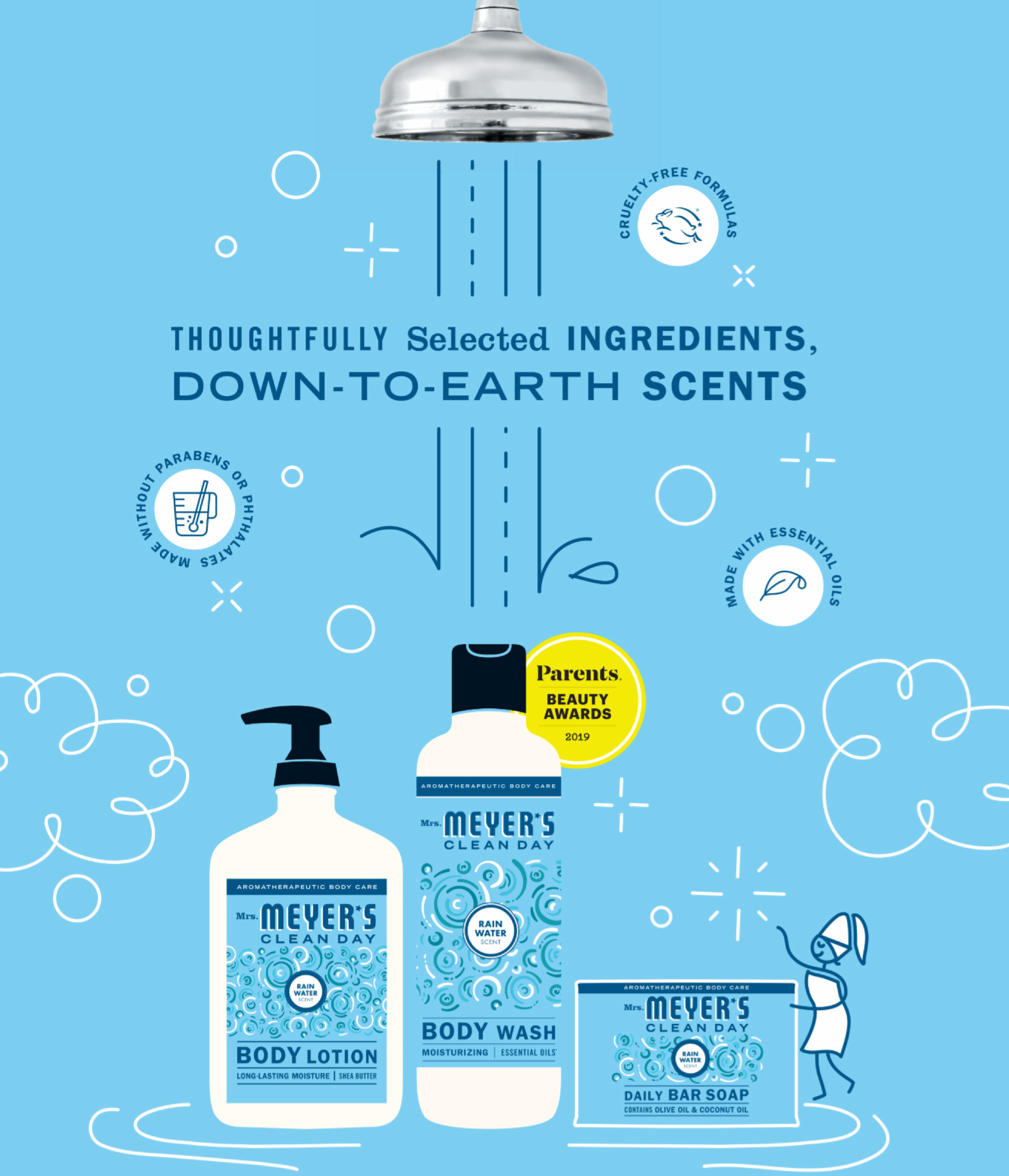
If you've lost the metal fastener, MacGyver a replacement: Snip off a bit of rubber band and pierce it with the earring post.

To see these hacks in action, head to realsimple.com/rubberbands.

PROP STYLING BY ASTRID CHASTKA FOR HELLO ARTISTS

Photographs by Ted + Chelsea Cavanaugh

THOUGHTFULLY Selected INGREDIENTS, DOWN-TO-EARTH SCENTS


CRUELTY-FREE FORMULAS
MADE WITHOUT PARABENS OR PHTHALATES
MADE WITH ESSENTIAL OILS
Parents.
BEAUTY AWARDS
2019
AROMATHERAPEUTIC BODY CARE
Mrs. MEYER'S CLEAN DAY
RAIN WATER SCENT
BODY LOTION
LONG-LASTING MOISTURE | SHEA BUTTER
AROMATHERAPEUTIC BODY CARE
Mrs. MEYER'S CLEAN DAY
RAIN WATER SCENT
BODY WASH
MOISTURIZING | ESSENTIAL OILS
AROMATHERAPEUTIC BODY CARE
Mrs. MEYER'S CLEAN DAY
RAIN WATER SCENT
DAILY BAR SOAP
CONTAINS OLIVE OIL & COCONUT OIL

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Road Test

All You Knead

EVERYONE IS LOVING LOAVES THESE DAYS. WE CONSIDERED DOZENS OF ITEMS TO RECOMMEND SIX BREAD WINNERS.

By Phoebe Fry

REALSIMPLE
ROAD TEST

Photograph by Victor Protasio

BEST DUTCH OVEN

Le Creuset 5½ qt. Signature Round Dutch Oven
For a golden, crackly crust, bake your loaf in a Dutch oven with a tight lid to retain steam. This splurge-worthy classic comes in 19 colors and will last forever, thanks to its cast-iron construction and lifetime warranty. **TO BUY:** $360; lecreuset.com.

BEST SCALE

OXO 5-lb. Food Scale
With this user-friendly scale, you'll have no fear of the precision that baking demands. Recently upgraded with a decimal readout and a bright display, it ensures exact measurements. Even better, it means fewer measuring cups to wash. **TO BUY:** $30; oxo.com.

BEST BOWL COVERS

Dot & Army Reusable Bowl Covers
Ditch the plastic wrap and cover your rising dough with these adorable, eco-friendly fabrics (in three sizes). Just throw them into the washing machine and air-dry between uses. **TO BUY:** $36 for 3; dotandarmy.com.

BEST FLOUR

King Arthur Unbleached Bread Flour
Bread flour has more protein than all-purpose, resulting in a stronger dough, loftier rise, and tighter crumb. It also gives pizza crusts and many artisanal loaves their nice, chewy texture. **TO BUY:** $5 for 5 lb.; at grocery stores.

BEST HAND MIXER

Black + Decker Helix Performance Premium Hand Mixer
No pricey stand mixer required! The dough hooks included with this powerful tool let you skip kneading by hand and still turn out a smooth dough for softer breads. Plus, it comes with improved beaters and a wire whisk. **TO BUY:** $30; amazon.com.

BEST BENCH SCRAPER

Chef'n Pastrio 3-in-1 Bench Scraper Set
This snap-together set helps you deal with many bread needs: Use the metal piece to cut or score dough, the plastic one to clean rolling pins and surfaces, and the curved one to lift every last bit from your mixing bowl. **TO BUY:** $10; chefn.com.

FOOD STYLING BY RISHON HANNERS; PROP STYLING BY CLAIRE SPOLLEN. PRODUCT IMAGES COURTESY OF MANUFACTURERS

Get baking with the recipe for a classic, crusty loaf at realsimple.com/basicbread.

The Staple

Sauerkraut

An Oktoberfest mainstay and the highlight of many a hot dog, this crunchy, pleasantly sour condiment deserves much more play in your kitchen. Try tucking it between tortillas with corned beef for a crispy, Reuben-style quesadilla. Blend its juice into a pineapple smoothie (trust us—it's delicious), or fold it into a carrot-apple slaw. However you use it, start with a refrigerated, not shelf-stable, variety that's labeled "raw" or "fermented" for an infusion of gut-friendly probiotics.

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CRUNCHY
SAUERKRAUT
wild fermented cabbage
OLD FASHIONED

Quick Ideas

1 REUBEN QUESADILLAS

Spread 4 flour tortillas evenly with 3 Tbsp. Thousand Island dressing. Top 2 of the tortillas evenly with 4 oz. thinly sliced deli corned beef, 6 Tbsp. drained sauerkraut, and 2 oz. Swiss cheese. Top with remaining 2 tortillas, dressing sides down. Heat a large nonstick skillet over medium. Cook 1 quesadilla until browned, 2 minutes per side. Repeat with remaining quesadilla.

2 TROPICAL SMOOTHIE

Blend 1 cup well-shaken canned coconut milk, 1 cup frozen pineapple chunks, ¾ cup chopped banana, 1 Tbsp. sauerkraut juice, 1 tsp. ground turmeric, and ½ tsp. ground ginger in a blender until smooth.

3 CARROT-APPLE SLAW

Stir together 2 cups grated carrots, 1½ cups matchstick-cut Granny Smith apple, 1 cup undrained sauerkraut, ½ cup thinly sliced red onion, ½ cup raisins, 1 Tbsp. each olive oil and chopped cilantro, ½ tsp. kosher salt, and ¼ tsp. each ground ginger and black pepper in a large bowl. Cover and refrigerate for at least 30 minutes and up to 2 hours. Top with more cilantro.

By Jenna Helwig

Recipes by Melissa Gray

PROPS BY SARAH ELIZABETH CLEVELAND

Photograph by Caitlin Bensel

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THEY'RE FLAT OUT DELICIOUS

FIND US IN THE DELI

the realist

MAKE YOUR OWN MULLED WINE

CHOOSE AN AFFORDABLE RED

The beauty of mulled wine is that you can use a very average medium- or full-bodied red wine that's low in acidity, like merlot. Another option is an inexpensive California cabernet sauvignon. "It can be a perfect base," says Ina Garten, whose newest book, *Modern Comfort Food*, is out this month. Pour a 750-milliliter bottle into a Dutch oven and mix in three to four cups of apple cider.

ADD AROMATIC EXTRAS

Gently toast a handful of cloves, cardamom pods, cinnamon sticks, star anise, and black peppercorns in a dry saucepan over medium-low heat until fragrant and warmed through. Wrap them in cheesecloth and toss them into the wine mixture, along with an inch-wide slice of orange peel and a quarter cup of brandy or Grand Marnier. "You can switch up the spices and citrus to your liking," Garten says.

SIMMER AND SERVE WARM

Cover the Dutch oven and place it over low or medium-low heat. (A slow simmer is key, since boiling will burn off the alcohol.) After 15 minutes, turn off the heat, remove the spice bundle, and ladle the mulled wine into mugs.

By Phoebe Fry

FOOD STYLING BY CHELSEA ZIMMER; PROP STYLING BY SARAH ELIZABETH CLEVELAND

Photograph by Caitlin Bensel

For certain adults with **newly diagnosed metastatic non-small cell lung cancer (NSCLC)** that **tests positive for PD-L1**

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A Chance to Live Longer™

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In a study of newly diagnosed advanced NSCLC patients, half of those on OPDIVO + YERVOY were alive at 17.1 months versus 14.9 months on platinum-based chemotherapy.

Results may vary. OPDIVO® + YERVOY® is not approved for patients younger than 18 years of age.

Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

What are OPDIVO and YERVOY?

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic), **and** your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

What is the most important information I should know about OPDIVO and YERVOY?

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

YERVOY can cause serious side effects in many parts of your body which can lead to death. These problems may happen anytime during treatment with YERVOY or after you have completed treatment.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or these symptoms get worse. Do not try to treat symptoms yourself.

- **Lung problems (pneumonitis).** Symptoms of pneumonitis may include: new or worsening cough; chest pain; shortness of breath
- **Intestinal problems (colitis) that can lead to tears or holes in your intestine.** Signs and symptoms of colitis may include: diarrhea (loose stools) or more bowel movements than usual; mucus or blood in your stools or dark, tarry, sticky stools; stomach-area (abdomen) pain or tenderness; you may or may not have fever
- **Liver problems (hepatitis) that can lead to liver failure.** Signs and symptoms of hepatitis may include: yellowing of your skin or the whites of your eyes; nausea or vomiting; pain on the right side of your stomach area (abdomen); drowsiness; dark urine (tea colored); bleeding or bruising more easily than normal; feeling less hungry than usual; decreased energy
- **Hormone gland problems (especially the thyroid, pituitary, and adrenal glands; and pancreas).** Signs and symptoms that your hormone glands are not working properly may include: headaches that will not go away or unusual headaches; extreme tiredness or unusual sluggishness; weight gain or weight loss; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness; hair loss; feeling cold; constipation; voice gets deeper; excessive thirst or lots of urine
- **Kidney problems, including nephritis and kidney failure.** Signs of kidney problems may include: decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite
- **Skin problems.** Signs of these problems may include: skin rash with or without itching; itching; skin blistering or peeling; sores or ulcers in mouth or other mucous membranes
- **Inflammation of the brain (encephalitis).** Signs and symptoms of encephalitis may include: headache; fever; tiredness or weakness; confusion; memory problems; sleepiness; seeing or hearing things that are not really there (hallucinations); seizures; stiff neck
- **Problems in other organs.** Signs of these problems may include: changes in eyesight; severe or persistent muscle or joint pains; severe muscle weakness; chest pain

Additional serious side effects observed during a separate study of YERVOY alone include:

- **Nerve problems that can lead to paralysis.** Symptoms of nerve problems may include: unusual weakness of legs, arms, or face; numbness or tingling in hands or feet

Talk to your doctor about OPDIVO + YERVOY

www.OPDIVOYERVOY.com 1-855-OPDIVOYERVOY

- **Eye problems.** Symptoms may include: blurry vision, double vision, or other vision problems; eye pain or redness

Get medical help immediately if you develop any of these symptoms or they get worse. It may keep these problems from becoming more serious. Your healthcare team will check you for side effects during treatment and may treat you with corticosteroid or hormone replacement medicines. If you have a serious side effect, your healthcare team may also need to delay or completely stop your treatment with OPDIVO and YERVOY.

What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider if you: have immune system problems (autoimmune disease) such as Crohn's disease, ulcerative colitis, lupus, or sarcoidosis; have had an organ transplant; have lung or breathing problems; have liver problems; have any other medical conditions; are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby. **Females who are able to become pregnant:** Your healthcare provider should do a pregnancy test before you start receiving OPDIVO and YERVOY.

- You should use an effective method of birth control during and for at least 5 months after the last dose. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment. You or your healthcare provider should contact Bristol Myers Squibb at 1-800-721-5072 as soon as you become aware of the pregnancy.
- **Pregnancy Safety Surveillance Study:** Females who become pregnant during treatment with YERVOY are encouraged to enroll in a Pregnancy Safety Surveillance Study. The purpose of this study is to collect information about the health of you and your baby. You or your healthcare provider can enroll in the Pregnancy Safety Surveillance Study by calling 1-844-593-7869.

If you are breastfeeding or plan to breastfeed: It is not known if OPDIVO or YERVOY passes into your breast milk. **Do not** breastfeed during treatment and for 5 months after the last dose.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

What are the possible side effects of OPDIVO and YERVOY?

OPDIVO and YERVOY can cause serious side effects, including:

- **See "What is the most important information I should know about OPDIVO and YERVOY?"**
- **Severe infusion reactions.** Tell your doctor or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shaking; itching or rash; flushing; difficulty breathing; dizziness; fever; feeling like passing out

The most common side effects of OPDIVO when used in combination with YERVOY include: feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare provider, call 1-855-673-4861, or go to www.OPDIVO.com.

Bristol Myers Squibb™

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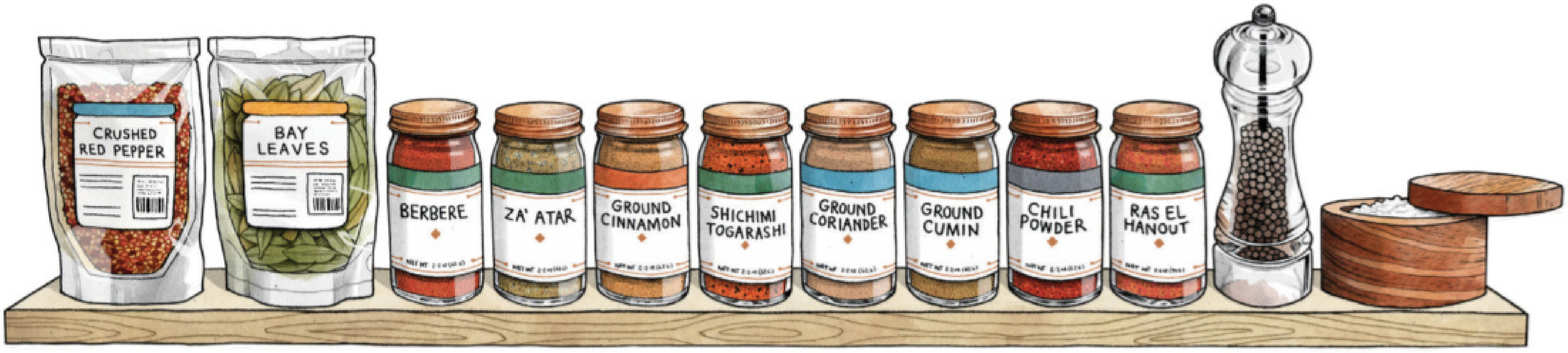
Things Cooks Know

Streamline Your Spice Rack

LET THESE 11 ESSENTIALS FORM THE CORE OF YOUR COLLECTION, BECAUSE IT'S QUALITY—AND VERSATILITY—OVER QUANTITY.

By Ananda Eidelstein



Everyday All-Stars

Along with salt, your kitchen needs the following spices. Store them in airtight containers, out of direct heat and light. And shop small—a two-ounce vessel is plenty.

CRUSHED RED PEPPER This is the most versatile way to bring heat. Stir into hot oil at the start of cooking to diffuse its kick.

BAY LEAVES The delicate, herbal qualities of one leaf (or even half) add dimension to a simmering sauce or broth.

GROUND CINNAMON Yes, it gives a warming, nostalgic touch to desserts, but it does the same to savory dishes. Combine a pinch with ground coriander and cumin in a chickpea stew.

GROUND CORIANDER Subtle, sweet, bright, and reminiscent of lemon, it's often used in Mediterranean soups and stews. Pair it with aromatic cumin for an added layer of flavor.

GROUND CUMIN Popular in Latin American dishes and curry powders, it enhances the earthiness of beans and legumes with its unique, slightly bitter taste. Add a pinch to season veggie or meat patties.

CHILI POWDER Not just for a big pot of chili, this blend (which can include dried chiles, garlic, oregano, cumin, coriander, and cloves) delivers a concentrated seasoning. Rub onto steak before grilling.

BLACK PEPPERCORNS Simply put, freshly ground will always be the most lively. Keep Tellicherry peppercorns on hand to refill a pepper grinder, and you'll never go back to buying preground.

International Seasonings

These days, global blends are readily available at grocery stores from brands like McCormick, or via online order from shops like the Spice House (thespicehouse.com).

BERBERE Toss this Ethiopian mix of cardamom, coriander, fenugreek, garlic, and red pepper (among other ingredients) with veggies before roasting.

ZA'ATAR This Middle Eastern blend (usually containing sesame seeds, thyme, sumac, and marjoram) is zesty yet nutty. Dust over steak or eggs, or mix with olive oil or yogurt for a dip.

SHICHIMI TOGARASHI Shake this spicy Japanese blend, which often includes chiles, sesame seeds, seaweed, and orange peel, over rice or grilled chicken.

RAS EL HANOUT This rich Moroccan blend can contain as many as 50 (!) ingredients, including ginger, allspice, turmeric, and cardamom. Try a dash in a pot of couscous or stir into ground lamb as it cooks.

KEEP THEM FRESH

It's OK if your brand-new jar contains clumps of powder. Ground spices, like cumin and cinnamon, may naturally bunch up due to their high oil content.

Don't shake spices directly from the jar into a hot pot. The steam will add moisture to the container and can make the contents cake up in a bad way.

If you're questioning whether a spice is worth keeping, give it a shake and take a sniff—it should be vibrant. If it falls flat, toss it.

Illustration by Adam Cruft

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Beauty Ingredients Worth Understanding

IT SEEMS LIKE EVERY DAY, A BEAUTY BUZZWORD POPS UP (CAN YOU SAY "KAKADU PLUM"?). THAT'S WHERE THIS GLOSSARY COMES IN. READ ON FOR GAME-CHANGING INGREDIENTS THAT'LL MAKE SHOPPING AND HAVING GOOD SKIN EASIER.

By Lisa DeSantis

To Smooth Wrinkles…

BUZZY INGREDIENT: Retinoid appears as prescription-strength retinoic acid and over-the-counter retinol.
WHAT IT DOES: It acts as an exfoliant, helping to shed flakes and speed up skin cell turnover. It can also boost collagen production, helping to minimize the appearance of fine lines. Be careful, though: This stuff is strong and can cause irritation. Dermatologists suggest building up tolerance by applying it every other night (never more than a pea-size dollop) and layering it over and under moisturizer.
TRY: L'Oréal Paris Revitalift Derm Intensives 0.3% Pure Retinol Serum, $37; at drugstores.

HAIR AND MAKEUP BY TROI OLLIVIERRE BEAUTY

Photograph by Mei Tao

To Brighten…

BUZZY INGREDIENT: An Australian superfood, Kakadu plum (try to say that out loud and not giggle) reportedly has the highest recorded level of natural vitamin C (100 times that of an orange).
WHAT IT DOES: It can help fight dullness and reduce brown spots in a gentler way than its lab-formulated counterparts, making it a no-brainer for sensitive or acne-prone skin.
TRY: Kora Organics Noni Glow Sleeping Mask, $48; us.koraorganics.com.

BUZZY INGREDIENT: Vitamin C, which goes by upwards of 35 (!) monikers on labels, often called "ascorbic" something or other.
WHAT IT DOES: Technically, it neutralizes free radicals to limit damage from UV rays and environmental pollution. Oh, you mean in English? It diminishes discoloration and splotchiness.
TRY: Ole Henriksen Banana Bright Vitamin C Serum, $65; sephora.com.

To Hydrate…

BUZZY INGREDIENT: Hyaluronic acid (HA for short) is a sugar found naturally in the skin, and when applied topically, it holds 1,000 times its weight in water.
WHAT IT DOES: It adds suppleness and delivers a dewy glow. While a little can work wonders, it's possible to overdo it: When applied in dry climates, it can pull moisture *out* of skin. Avoid this by using an HA serum and topping it with a moisturizer.
TRY: Neutrogena Hydro Boost Hyaluronic Acid Serum, $24; at drugstores.

BUZZY INGREDIENT: Squalane is a saturated lipid that's produced when the naturally occurring antioxidant squalene is hydrogenated (yes, it's complicated).
WHAT IT DOES: This nongreasy emollient locks in moisture and prevents water loss without producing additional oil, so you get softer, smoother skin. If oils make you break out, this is for you.
TRY: Naturium Plant Squalane Face Oil, $16; naturium.com.

BUZZY INGREDIENT: Watermelon, which is more than 90 percent water, is an all-star skin hydrator.
WHAT IT DOES: It gently exfoliates, hydrates, and brightens. Plus, it's more lightweight than creamier ingredients, so it's a great option for oily folks.
TRY: St. Ives Watermelon Glowing Oil-Free Face Moisturizer, $6; target.com.

To Clear Acne…

BUZZY INGREDIENT: Salicylic acid is an oil-soluble beta hydroxy acid. It also plays the starring anti-inflammatory role in good ol' aspirin.
WHAT IT DOES: This guy deep-cleans pores and clears "visible congestion" (that's the polite way of saying blackheads and whiteheads).
TRY: Dr. Dennis Gross DRx Blemish Solutions Acne Eliminating Gel, $40; sephora.com.

To Soothe…

BUZZY INGREDIENT: Honey is the queen bee of antibacterial and antifungal benefits.
WHAT IT DOES: The sweet stuff may help reduce the redness and swelling that result from acne, and it could even help fight acne-causing bacteria. It can be more effective if it's infused with propolis, a combo of beeswax and tree sap. It gets bonus points for soothing eczema.
TRY: Naturopathica Manuka Honey Hydrating Gel Mask, $58; naturopathica.com.

Illustrations by Marisol Ortega

To Improve Texture…

BUZZY INGREDIENT: Glycolic acid, made from sugarcane, shows up in toners and peel pads because of its liquidy texture.
WHAT IT DOES: If sugar is bad because it erodes your teeth, glycolic acid is good for a similar reason—it eats away at dead skin cells to reveal a brighter, smoother complexion. To reduce irritation, use it at night and apply sunscreen in the morning. For a more intense treatment, opt for a professional glycolic acid peel, which leaves skin looking radiant after a few days of redness and peeling.
TRY: Sobel Skin Rx 30% Glycolic Acid Peel, $46; sephora.com.

To Even Discoloration…

BUZZY INGREDIENT: Niacinamide, which also goes by vitamin B_3.
WHAT IT DOES: It regulates sebum production (so long, excess grease) and decreases inflammation. It's key for brightening discoloration—which tends to be more prominent in those with darker skin tones—so reach for it if you have melasma (brown patches).
TRY: Paula's Choice Clinical Niacinamide 20% Treatment, $48; paulaschoice.com.

To Firm Up Lax Skin…

BUZZY INGREDIENT: Collagen is a protein that provides the scaffolding to keep skin plump, tight, and wrinkle-free. Scan labels for "hydrolyzed collagen," which is easily absorbed.
WHAT IT DOES: It helps skin look and feel bouncier, but the molecule is typically too big to penetrate skin. A better option: microneedling, a DIY or pro treatment that pokes tiny holes in the skin to trigger healing and more collagen production.
TRY: BeautyBio GloPro Facial Microneedling Tool, $199; beautybio.com.

BUZZY INGREDIENT: Peptides, short chains of amino acids, are the building blocks of proteins like collagen and elastin. They have names such as acetyl hexapeptide-3, palmitoyl tripeptide-1, and Peppa Pig (don't quote us on that last one).
WHAT THEY DO: Some types signal muscles to relax; others cue cells to create more collagen.
TRY: M-61 Hydraboost Collagen + Peptide Water Cream, $74; bluemercury.com.

To De-stress…

BUZZY INGREDIENT:
Ashwagandha is an herb that has been used in Ayurvedic medicine for thousands of years to fight fatigue and boost immunity (sign us up!).
WHAT IT DOES: Perhaps the question is what *doesn't* it do. When applied topically, it soothes reactive skin, fights free radicals, brightens, helps retain moisture, and has antimicrobial and anti-inflammatory effects.
TRY: Ranavat Imperial Glow Facial Polish, $42; ranavat.com.

OUR EXPERTS

DAVID E. BANK, MD,
DERMATOLOGIST AT THE CENTER FOR DERMATOLOGY, COSMETIC & LASER SURGERY IN MT. KISKO, NEW YORK

Y. CLAIRE CHANG, MD,
DERMATOLOGIST IN NEW YORK CITY

PRUDVI MOHAN KAKA,
CHIEF SCIENTIFIC OFFICER AT DECIEM

RON ROBINSON,
COSMETIC CHEMIST IN NEW YORK CITY AND FOUNDER OF BEAUTYSTAT COSMETICS

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Real Simplifier

Hack Your Jack-o'-Lantern

ILLUMINATE YOURSELF WITH THESE TIPS FOR SOURCING, STYLING, AND SETTING UP YOUR BEST-EVER PUMPKIN. BONUS: CARVING IS OPTIONAL.

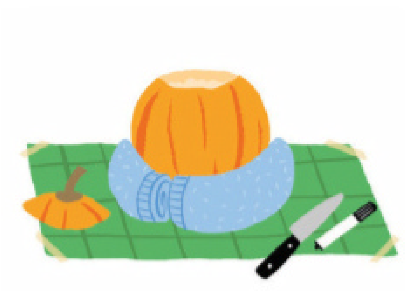
By Leslie Corona

THE
PUMPKIN
Patch
PICK YOUR OWN

1

TIME IT RIGHT

Stored properly in a cool, dry spot, uncarved pumpkins can last months after they've been cut from the vine. If you plan to pop by your local patch, the best selection can be found in early October. If you're buying at a supermarket, the ones piled outside may be a few weeks old. (Prices can be higher at the grocery store because you're paying for convenience.) No matter when or where you shop, look for a thick, green stem, which indicates that the pumpkin has been recently picked. As tempting as it is, never pick up your pumpkin by the stem. If it breaks off and any flesh is exposed, your pumpkin will rot faster.



2

SET UP YOUR STATION

Weather permitting, carve outdoors—pumpkin spatter is easier to deal with on the patio than on a hardwood floor. Indoors or out, minimize the mess by taping a plastic tablecloth or a trash bag over your work surface. To prevent your pumpkin from moving around as you carve, roll a towel into a doughnut shape and place it around the pumpkin's base.

3

DUMP ONCE

Scrape the flesh from the sides with an ice cream scoop and let it fall to the bottom. Don't spoon it out as you go—moving back and forth is how the mess happens. When the sides are smooth, empty the seeds into the trash (or a bowl, if you plan to toast them). Aim to create your masterpiece only a day or two before you plan to display it. This ensures your pumpkin will look its freshest.

4

DRAW WITH A DRY-ERASE PEN

If you're sketching before carving, do so with a dry-erase pen—the marks are visible even when they get a little wet, but they're also easily erasable should you want to revise. If you need to step away mid-process, spray your pumpkin with water or lay a wet towel over it to keep the flesh moist, and don't be gone more than 30 minutes. For those who aren't confident with their knife skills, painting is safer than sculpting and still has a big impact. The only downside: You may need to paint quite a few coats for the color to stick, and it can take a while for the paint to dry between coats.

SPRAY
BLEACH

5

MAKE IT LAST

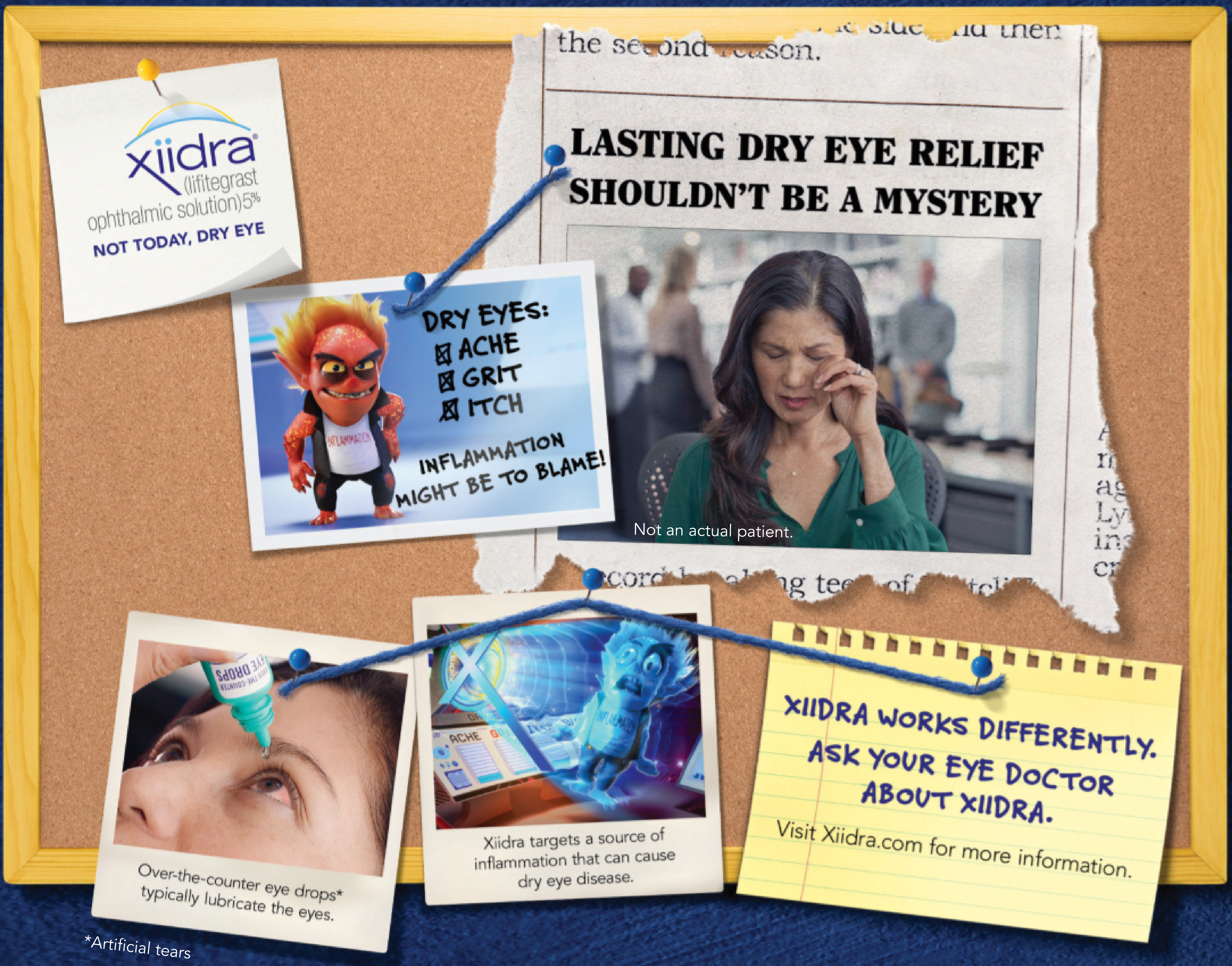
Once carved, your pumpkin will begin to rapidly decompose. The secret to jacking up your lantern's life expectancy: bathroom cleaner with bleach. Spritz any exposed flesh to fight off mold and critters. Our expert Tom Nardone tested this against other solutions—like petroleum jelly and vinegar—and the bleach mixture passed with flying colors. In fact, your carved pumpkin might last twice as long, he says.

When carving is more of a trick than a treat for your family, try painting your pumpkins instead with our ideas at realsimple.com/nocarving.

OUR EXPERTS

LISA ANGEVINE BERGS, MARKETING MANAGER OF ANGEVINE FARM IN WARREN, CONNECTICUT
MATTHEW GLEASON, STYLIST IN NEW YORK CITY **MARCIE McGOLDRICK,** STYLIST IN PHILADELPHIA
TOM NARDONE, FOUNDER OF EXTREMEPUMPKINS.COM

Illustrations by Ruby Taylor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Visit Xiidra.com for more information.
*Artificial tears

You've tried over-the-counter eye drops,* now try the only FDA-approved treatment specifically for the signs and symptoms of dry eye: Xiidra.

What is Xiidra?
Xiidra is a prescription eye drop used to treat the signs and symptoms of dry eye disease.

Important Safety Information
Do not use Xiidra if you are allergic to any of its ingredients. Seek medical care immediately if you get any symptoms of an allergic reaction.

The most common side effects of Xiidra include eye irritation, discomfort or blurred vision when the drops are applied to the eyes, and an unusual taste sensation.

To help avoid eye injury or contamination of the solution, do not touch the container tip to your eye or any surface.

If you wear contact lenses, remove them before using Xiidra and wait for at least 15 minutes before placing them back in your eyes. It is not known if Xiidra is safe and effective in children under 17 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

For additional information about XIIDRA®, please refer to the brief summary of Prescribing Information on adjacent page.

XIIDRA, the XIIDRA logo and ii are registered trademarks of Novartis AG.

NOVARTIS

PATIENT INFORMATION

Brief Summary: Read this information before you start using Xiidra and each time you get a refill. There may be new information. This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is Xiidra?

Xiidra is a prescription eye drop solution used to treat the signs and symptoms of dry eye disease (DED). It is not known if Xiidra is safe and effective in children under 17 years of age.

Do not use Xiidra:

If you are allergic to lifitegrast or any of the other ingredients in Xiidra, see "**What are the ingredients in Xiidra?**"

What should I tell my doctor before using Xiidra?

Before you use Xiidra, tell your doctor if you:

- are using any other eye drops
- wear contact lenses
- are pregnant or plan to become pregnant. It is not known if Xiidra will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if Xiidra passes into your breast milk. Talk to your doctor about the best way to feed your baby if you use Xiidra.

How should I use Xiidra?

Talk to your doctor or pharmacist for additional instructions about the right way to use Xiidra. Use Xiidra exactly as your doctor tells you.

- To help avoid eye injury or contamination of the solution, do not touch the container tip to your eye or any surface.
- If you wear contact lenses, remove them before using Xiidra and wait for at least 15 minutes before placing them back in your eyes.
- Use 1 drop of Xiidra in each eye, 2 times each day, about 12 hours apart.
- Use Xiidra right away after opening. Throw away the single use container and any unused solution after you have applied the dose to both eyes. Do not save any unused Xiidra for later.

What are the possible side effects of Xiidra?

The most common side effects of Xiidra include eye irritation, discomfort, or blurred vision when the drops are applied to the eyes, and an unusual taste sensation (dysgeusia).

Seek medical care immediately if you get any symptoms of wheezing, difficulty breathing, or swollen tongue.

These are not all the possible side effects of Xiidra. Tell your doctor if you have any side effects that bother you. You may report side effects to the FDA at 1-800-FDA-1088.

How should I store Xiidra?

- Store Xiidra at room temperature between 68°F to 77°F (20°C to 25°C).
- Store Xiidra in the original foil pouch to protect it from light.
- Do not open the Xiidra foil pouch until you are ready to use the eye drops.
- Return unused single-use containers to their original foil pouch to protect from excessive light exposure.

Keep Xiidra and all medicines out of the reach of children.

General information about the safe and effective use of Xiidra.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. You can ask your pharmacist or doctor for information about Xiidra that is written for health professionals. Do not use Xiidra for a condition for which it was not prescribed. Do not give Xiidra to other people, even if they have the same symptoms you have. It may harm them.

What are the ingredients in Xiidra?

Active ingredient: lifitegrast
Inactive ingredients: sodium chloride, sodium phosphate dibasic anhydrous, sodium thiosulfate pentahydrate, and water for injection. Sodium hydroxide and/or hydrochloric acid (to adjust pH).

Manufactured for:
Novartis Pharmaceuticals Corporation
One Health Plaza
East Hanover, NJ 07936

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xiidra®
(lifitegrast
ophthalmic solution)5%

LET'S TALK ABOUT DRY EYE

WITH CONTINUED TWICE-DAILY USE, XIIDRA CAN PROVIDE LASTING SYMPTOM RELIEF.

SHARE THIS WITH YOUR EYE DOCTOR TO START A DISCUSSION ABOUT XIIDRA.

1. Why are my eyes achy, gritty, and itchy?
2. Are over-the-counter eye drops* giving me lasting relief?
3. Is there inflammation in my eyes?
4. What can I do about inflammation?
5. How does Xiidra work?
6. Is Xiidra right for me?

ASK ABOUT XIIDRA, FOR RELIEF THAT CAN LAST.

Z E A N P
T Z C K S

Not an actual patient or health care professional.

*Artificial tears

Novartis Pharmaceuticals Corporation
East Hanover, New Jersey 07936-1080

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5 Totally Free Style Transformers

SHOPPING YOUR HOME IS THE EASY WAY TO ZHUZH UP YOUR SPACE OR LOOK.

By Rachel Sylvester

PROP STYLING BY ASTRID CHASTKA FOR HELLO ARTISTS. ATITLÁN COTTON THROW, $290; BEHINDTHEHILL.COM. SAND/TIERRA THROW: BEHINDTHEHILL.COM FOR INFO. DIP-DYED RECTANGLE PILLOW IN CAMEL, $300, ELLA RECTANGLE PILLOW IN PERIWINKLE/NAVY, $265, AND DIP-DYED SQUARE PILLOW IN INDIGO, $350; JOHANNAHOWARD.COM. EARTH PILLOW IN TIERRA, $262; BEHINDTHEHILL.COM

Photograph by Ted + Chelsea Cavanaugh

1

Change and rearrange textiles.

Layered textiles are the key to a well-designed home. Pillows, throws, rugs, and curtains help establish the mood of your space, and you can easily refresh them by mixing and matching them or moving them from one room to another. Get resourceful by putting a knit blanket from your living room on the end of your bed, or exchange throw pillows between rooms. You can even elevate a nondescript bistro table with a linen tablecloth and vintage accents.

LEE MAYER IS THE COFOUNDER AND CEO OF HAVENLY, AN ONLINE INTERIOR DESIGN SERVICE.

2

Fiddle with the floor plan.

Switching around larger “anchor” pieces results in a drastic design change. If you have a matching set in the living room, feel free to break it up: Repurpose side tables as nightstands, or move your love seat to another room and replace it with two accent chairs. Once you swap your furniture, you can reorganize shelves, photos, collectibles, and art. Thoughtfully curate the items you use often that bring you joy.

TAVIA FORBES AND MONET MASTERS ARE AN INTERIOR DESIGN TEAM AND THE FOUNDERS OF FORBES MASTERS.

3

Improv a corner office.

Corners are often the forgotten gems of a space. Take advantage of an unused cozy corner by making a work-from-home headquarters, with a console table and chair. If there’s no window or you’re facing a blank wall, prop a mirror nearby to add more light and depth.

TANIYA NAYAK IS THE OWNER AND PRINCIPAL INTERIOR DESIGNER OF TANIYA NAYAK DESIGN.

4

Make the most of your makeup.

Play around with your beauty products too. Try a new look by bringing the lesser-used colors to the fore. Store lipsticks upside down so you can see the color names, and avoid stacking palettes, since it hinders access to the ones on the bottom. Instead, place palettes on their sides to make them easy to see and use.

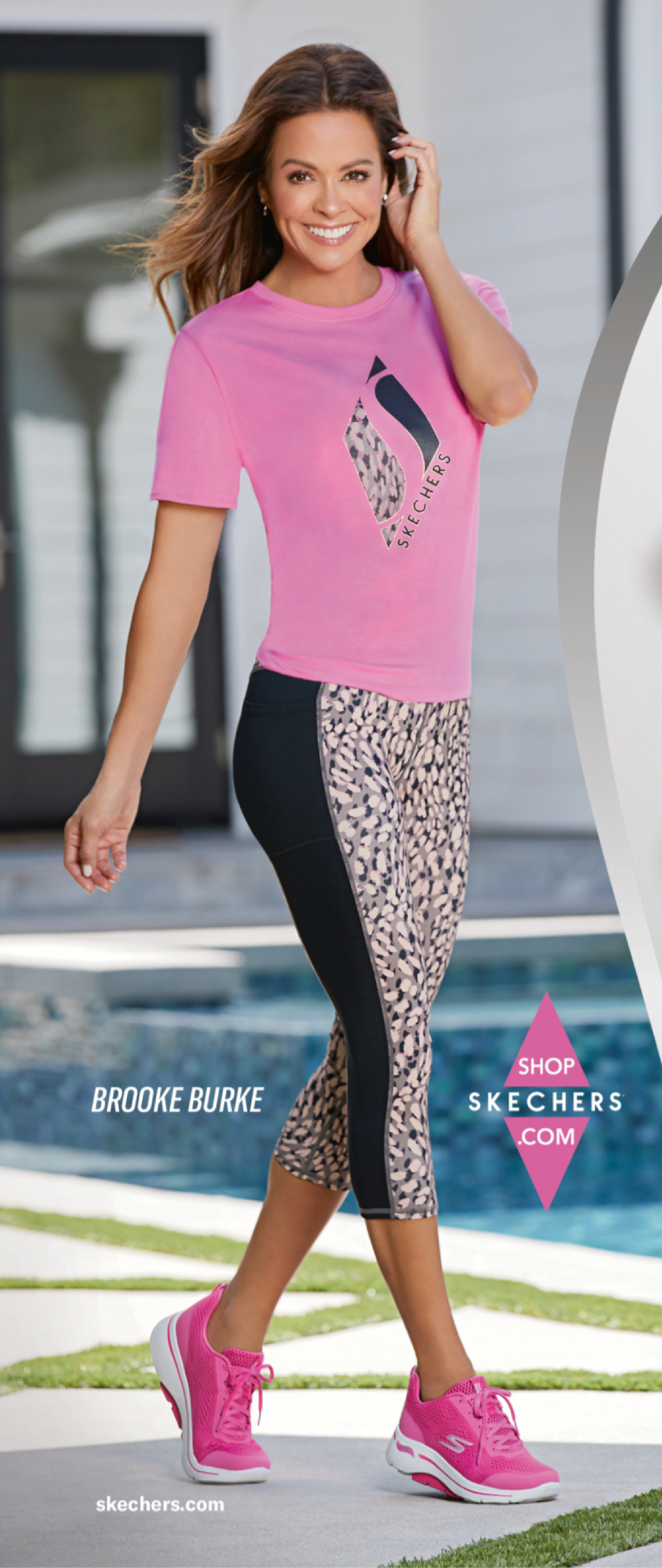
KATIE JANE HUGHES IS A CELEBRITY MAKEUP ARTIST.

5

Tailor your wardrobe.

Changing the way we think of our garments—as renewable rather than disposable—is the first step in shopping your closet. Start by reviewing each piece of clothing you own to determine what you want to hold on to. Sometimes it’s as simple as moving infrequently worn pieces from the back of the closet so they’re within view and reach. Of the items you’d like to keep, think about how you can alter them to make them work for you. If a blouse or dress needs to pass to its next life, donate it, or host a clothing swap for friends.

EILEEN FISHER IS A CLOTHING DESIGNER AND THE FOUNDER OF HER NAMESAKE BRAND.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- COMFORT ARCH SUPPORT
- SHAPE OF INSOLE WAS DEVELOPED WITH OVER 20 YEARS OF DATA
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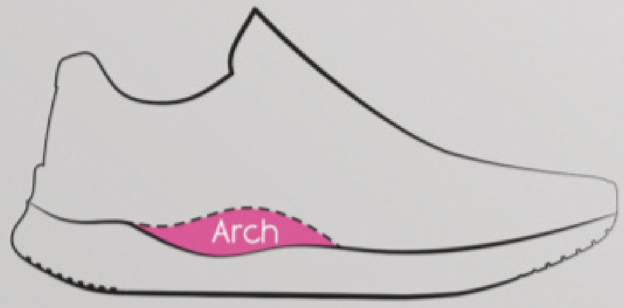


APPAREL & FOOTWEAR BY SKECHERS

Unless your space is climate-controlled, don't use it to store heirlooms, photos, or anything delicate. Moisture, heat, cold, and pests could destroy them.

Organizing Challenge

Your Road Map to a Tidy Garage

RATHER THAN TREATING YOUR GARAGE LIKE A JUMBO JUNK DRAWER, SORT OUT THE STUFF, STACK IT SENSIBLY, AND—SOMEDAY SOON!—ACTUALLY SWING THE FAMILY SEDAN IN THERE.

By Leslie Corona

Photograph by Adam Albright

PHASE 1

Empty and Assess

Before you start rearranging, you need to structure the space in a way you can maintain long-term. Depending on the size of the garage—and how many years you've spent stuffing it—don't be surprised if this becomes a weekend project.

PULL EVERYTHING onto the driveway or yard. Get rid of anything broken, and donate items you no longer need.

ONCE THE GARAGE IS EMPTY, drive your car in and open all the doors. Use painter's tape to line the car's perimeter on the garage floor, accounting for clearance needed for opening doors. When you restock the garage, make sure nothing extends across that tape line. To be certain you always park in the same spot, do the old trick of suspending a tennis ball from the ceiling.

DRIVE THE CAR BACK OUT to give yourself room to walk, work, and maneuver.

OUTSIDE, GROUP YOUR ITEMS by category, such as sports equipment, tailgating supplies, tools, vehicle accessories, and seasonal decor. Then collect similar items within each group—for instance, separate the hockey sticks from the soccer cones.

PHASE 2

Assemble Your Storage System

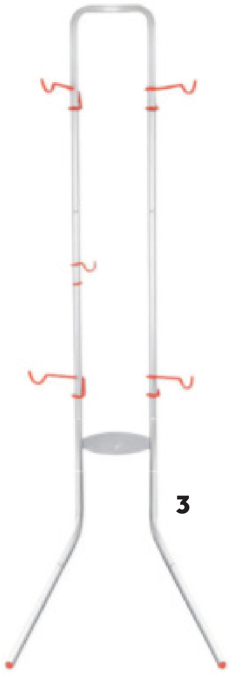
Now that you've pared down and grouped possessions, it will be easier to figure out the best way to store each category.

LINE THE WALLS WITH SHELVES to maximize space along the perimeter. Our experts like the Container Store's Elfa system (from $60; containerstore.com), but if you want a freestanding solution, try Origami Rack's R5 Series 4-Shelf Large Storage Rack ($139; origamirack.com). These shelves fold flat and open accordion-style, so they're incredibly easy to set up. Assuming the taped line on your floor allows it, your shelves should be at least 18 inches deep to accommodate bulky items. Avoid stacking bins directly on the ground, since that will make seasonal sweeping a challenge. Place the heaviest containers on the lower shelves, the midweight things between knee and chest height, and the lightest stuff at the very top. Pay attention to how many pounds each shelf can hold according to the manufacturer, as well as each bin's weight capacity.

TACKLE SPORTING GOODS. A large, wide laundry basket can corral the basketballs, soccer balls, and footballs that might otherwise roll away. Keep it on a low shelf to give kids easy access. Alternatively, hang a big mesh or cargo bag from a hook on the wall or ceiling to keep balls in place; try the Elfa Utility

1

2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TO BUY:

1 Gladiator GearLoft Overhead Garage Storage Rack, $85; homedepot.com.

2 Elfa Utility Mesh Storage Bag, $30; containerstore.com.

3 Delta Cycle Michelangelo Bike Stand, from $55; amazon.com.

4 Wisedry Silica Gel Packets, $20 for 2 (500 g); amazon.com.

5 Corner Double Tool Rack, $25; containerstore.com.

PRODUCT IMAGES COURTESY OF MANUFACTURERS

Mesh Storage Bag. You can also use a wall-mounted pegboard with hooks to hang long-handled items, such as bats, hockey and lacrosse sticks, and tennis rackets. Or try Delta Cycle's no-drill-required Michelangelo Bike Stand, which leans against the wall.

STORE GO-TO TOOLS, like your drill, pliers, and hammer, on a pegboard or slatwall. These storage systems have virtually no footprint (great for tight spaces), keep tools accessible, and are flexible as your storage needs change. Stash rakes, shovels, and other gardening gear in a corner corral, like the Corner Double Tool Rack. Keep smaller, related items—fertilizer, pots, nuts-and-bolts organizers—on a shelf close by.

PLACE GASOLINE, PROPANE, AND OTHER FLAMMABLES as far from the house as possible. Propane must be in a cool, well-ventilated location. You can buy fireproof cabinets to store flammables, but make sure the cabinets meet OSHA and NFPA 30 guidelines and have third-party certification, like UL. (It should say so on the website.) Choose a cabinet that locks, especially if you have small children, and keep a fire extinguisher nearby. Before buying anything, though, check if your county has regulations regarding placement of flammables.

OUR EXPERTS

JULIE BESTRY,
CERTIFIED PROFESSIONAL ORGANIZER AND PRESIDENT OF BEST RESULTS ORGANIZING IN CHATTANOOGA, TENNESSEE

SCOTT ROEWER,
FOUNDER OF THE ORGANIZING AGENCY IN WASHINGTON, D.C.

KENDALL WILSON,
FOUNDER OF PUT TOGETHER PLACE IN SAN CARLOS, CALIFORNIA

LISA ZASLOW,
FOUNDER OF GOTHAM ORGANIZERS IN NEW YORK CITY

To quickly label shelves, zones, and boxes, use strips of painter's tape and a marker. The tape's width allows for large handwriting, making it legible from afar.

PUT ANYTHING YOU DON'T USE REGULARLY in lidded plastic bins to protect it from moisture, insects, dust, and pollen. To keep track of contents, label the tubs on at least two sides. You might also assign a bin color to each category (red for holiday decorations, blue for camping supplies) to help you identify what you need even faster. It never hurts to toss in a desiccant pack, like Wisedry's Silica Gel Packet, particularly if you live in a humid climate.

RUN OUT OF ROOM WITH MORE STUFF TO STORE? Consider your garage's ceiling space. You can transfer your seasonal items to overhead racks, as long as they won't interfere with your garage door; our experts recommend the Gladiator GearLoft Overhead Garage Storage Rack. Leave installation to a pro if you don't have strong DIY skills.

PHASE 3

Enjoy!

Pull your car in, recline the driver's seat, and sit back and admire your handiwork—and all the extra walking space.

FIND YOUR THINGS A SECOND HOME

If you're ready to part with certain gently used possessions, check out these services.

Furniture, appliances, building materials, and tools: Habitat for Humanity's ReStore

Unexpired paint: Global Paint for Charity

Sports equipment and bikes: Play It Again Sports

You can also see if these local hot spots need any of the above items: Community theaters, Scout troops, drama clubs, Boys & Girls Clubs, Goodwill

JAY WILDE

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KRISTEN BELL
Actress and volunteer advocate
for Recycle Across America

ENOUGH.

Did you know:
48,000,000 pounds of waste enters oceans each day,* and recent reports indicate that number may have increased by 27% since recycling started to collapse.**

LET'S **FIX IT.**

Text **FIX IT** to **40649**
to ask your elected officials to be part of *the* most proven and effective solution to fix recycling.

paper
glass cans plastic
compost
landfill

The nonprofit organization, Recycle Across America created the first and only standardized labels for recycling bins. This simple solution is referred to as **"one of the most important environmental fixes taking root today"** by the New York Times; is listed as **"one of the top ten solutions to reverse climate change"** by Real Leaders; and is deemed **"a world-changing solution"** by Ashoka.

To learn more about this solution and how to reduce waste and recycle right, visit
www.RecycleAcrossAmerica.org

recycle
across
america®
let's recycle right®

*World Watch Institute **Reuters Oct 2019
Message and data rates may apply. Text STOP to cancel or HELP for help.
Go to recycleacrossamerica.org/privacy-policy for privacy and terms.

The Essential

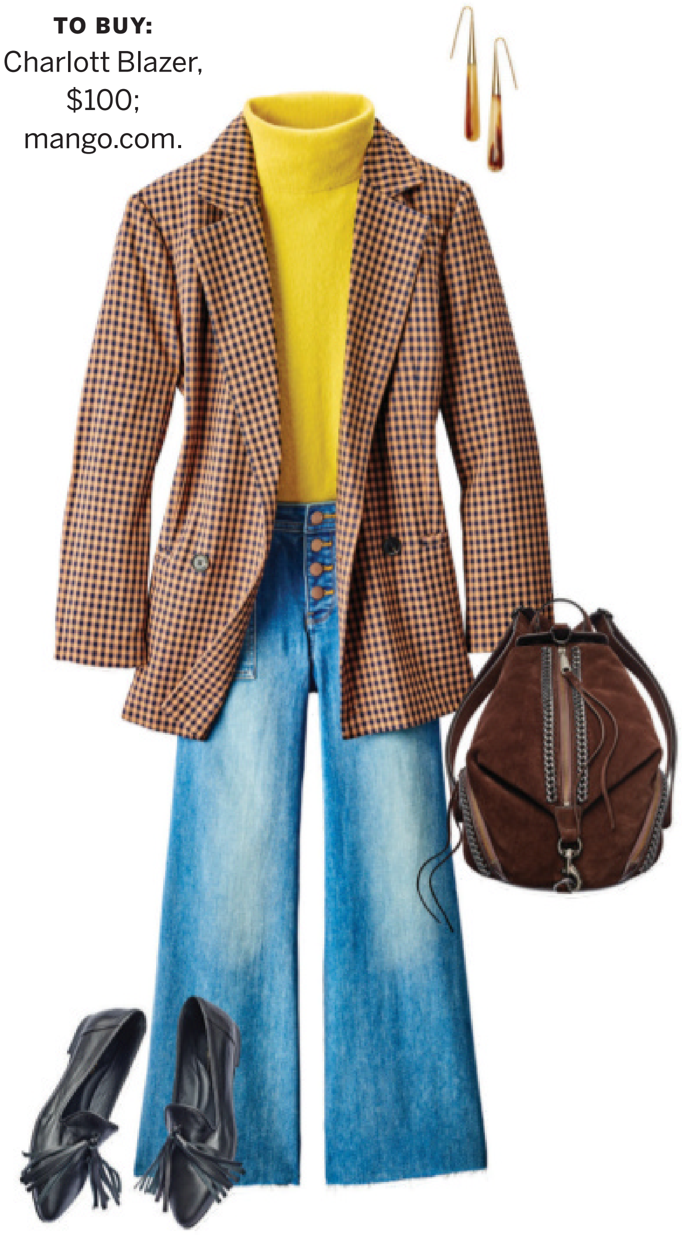
Checked Blazer

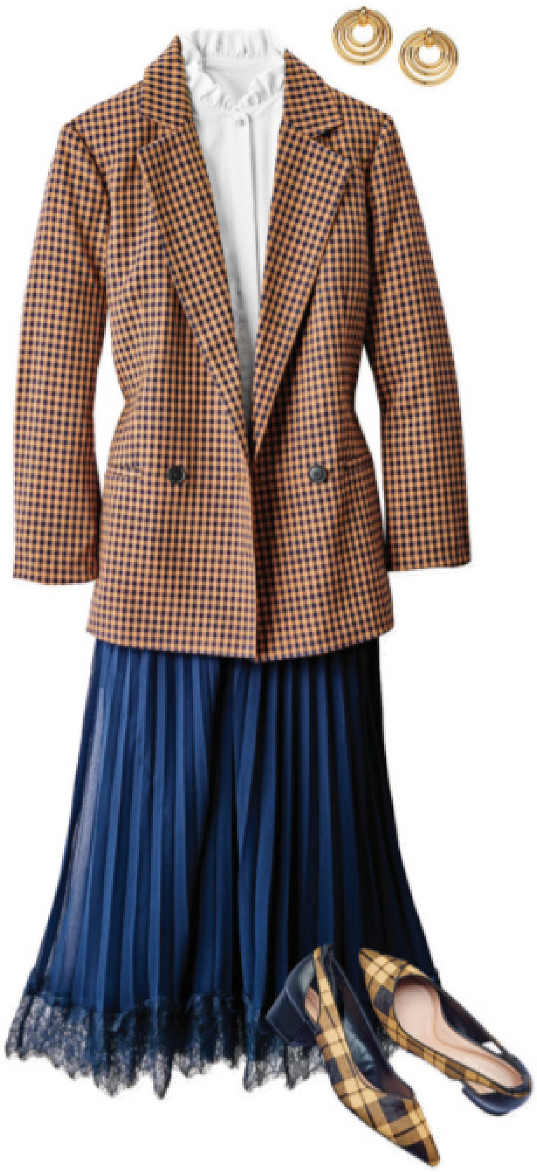
NOT EVERY WARDROBE STAPLE NEEDS TO BE A SOLID. THIS DOUBLE-BREASTED PICK IS VERSATILE ENOUGH FOR SO MANY FALL LOOKS.

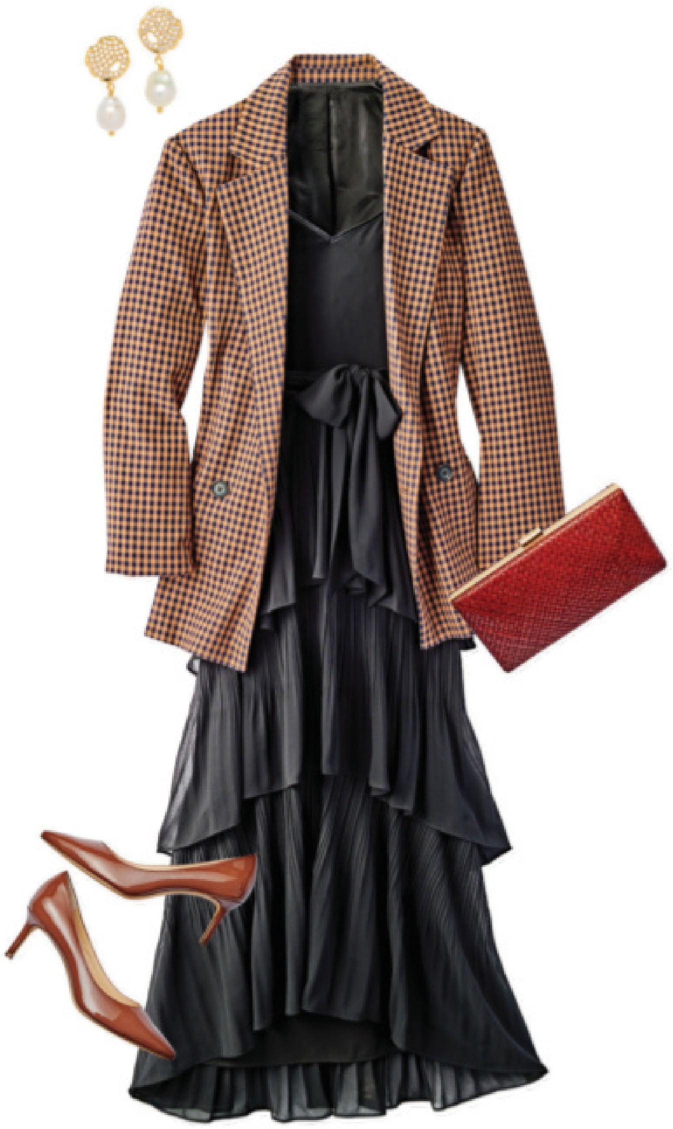
By Flavia Nunez

START WITH THE BLAZER…

TO BUY: Charlott Blazer, $100; mango.com.







…ADD A TURTLENECK AND JEANS

Wear it unbuttoned and the blazer becomes a casual jacket. Toss it on over a bright sweater and jeans for an all-day—scratch that; all-*weekend*—look. **TO BUY:** Cashmere Roll Neck Sweater, $190; bodenusa.com. Teresa Wide Leg Ankle Jeans, $129; nydj.com. Horn Pia Threader Earrings, $64; shopsoko.com. Julian Backpack, $348; rebeccaminkoff.com. Trino Loafer, $275; italeau.com.

…ADD A PLEATED SKIRT

Tattersall? Check. Gingham? Check. Yes, you can mix your plaids—and bring back the '80s power look in the best way, with silky fabric, ruffles, and pleats. (Don't be surprised if "Let the River Run" plays in your head on repeat.) **TO BUY:** Ruffle Trim Blouse, $79.50; talbots.com. Pleated Skirt with Lace Hem, $109; dkny.com. Layered Multi-Ring Earrings, $45; ettika.com. Preston & York Heels, $80; dillards.com.

…ADD A MAXI DRESS AND PUMPS

Just as warm as a shawl but with much chiller vibes: The patterned jacket gives an understated black dress and nude pumps a chic twist for crisp autumn evenings. **TO BUY:** Tiered Maxi Dress, $175; whitehouseblackmarket.com. Pave CZ Disc with Freshwater Pearl Drop Earrings, $80; taijewelry.com. Gitta Clutch, $95; brunnaco.com. Nina60 Pumps, $79; ninashoes.com.

SOFT STYLING BY SABRINA GRANDE

Photographs by Ted + Chelsea Cavanaugh

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MEANINGFUL CONNECTIONS
IN A MODERN WORLD

relating

Good Read

This Is Not My Beautiful House

WHEN BRENDA JANOWITZ BOUGHT A MODEL HOME—FURNITURE, DECORATIVE ACCENTS, AND ALL—SHE THOUGHT A MODEL LIFE WOULD COME WITH IT. NOW TELL THAT TO THE MOTHS AND THE FIRE EXTINGUISHER.

Photograph by Leonard Gertz

GETTY IMAGES

The author and her husband strike a model pose in front of their model home.

"DON'T SIT THERE!" my friend said, pointing to her couch. "It's new, and I want to keep it perfect as long as I can. Let's sit in the kitchen? I know you must think I'm crazy."

But I didn't—at one point, I'd felt the same way about my entire house.

Six months after I got married in 2008, the economy collapsed, bringing down home prices all over Long Island. A model home on the North Shore became available, and we wanted it. A fully furnished house, filled with all the great features available to you, should you choose to buy here—inlays in the wood flooring, intricate faux painting, a soaking tub in the en suite bath. It was staged so anyone who came in could immediately picture themselves living the way the imaginary occupants supposedly did.

The model home was meticulously curated. The fabrics, soft and supple. The finishes, shiny and gleaming. The couches had never been sat on, the beds never slept in. Books lined the library shelves. A grand piano waited to be played. (We didn't know how.) The table in the kitchen had been set with coordinating dishes, flatware, and linens. The garage was set up like REI—bikes, helmets, and a canoe hung from the wall. I suggested to my husband that we take up canoeing. Or at least biking.

We bought all of it. Virtually every last item came with the purchase. As newlyweds without children, we brought little with us: mostly wedding gifts that were still in boxes and the few things we'd had in our small apartment. Even as I replaced the staged dishes with the ones we'd gotten as wedding presents, swapped the staged books for our own, I could see the new "me" unfold: I would live in a model home. I would have a model life.

I'd certainly waited long enough. I was 33 when I met the man who would become my husband. That may not sound old to some, but for a Jewish girl from the South Shore of Long Island, I felt older than Sarah when she gave birth to Isaac at 90. On my first date with Doug, we competed over who was more obsessed with Halloween (I won, though he'll deny it). On our second date, at the restaurant Fig & Olive, neither of us could taste the difference between the gourmet olive oils (we still can't). He made me laugh. And much to my grandma Dorothy's delight, he was a doctor.

"Don't mess this one up," my father joked, and I laughed. But a tiny voice in my head wondered, "Would I?" We got engaged three months later, and married a year after that. I would *not* mess this one up. And the model home would be the perfect expression of my life as an ideal wife.

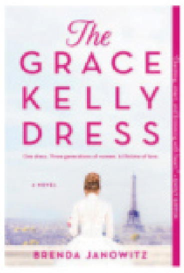
To properly live the way this model home promised, I decided that everything should look just as it did when we first took ownership, much like my friend with her couch. June Cleaver became my muse. I cleaned compulsively. I used fresh linens every night for dinner. And napkin rings. People said I'd never use those silver Vera Wang napkin rings I registered for—I'd show them!

It was the embodiment of domestic bliss. Except I was exhausted from keeping it all up, especially after having my first child a year later. But there was no time to rest, no time to sit down on the overstuffed armchairs—there was simply too much to do to maintain it, this aura of being like the model family who would live in this model home.

I would *not* mess this one up. I would live in a model home. I would have a model life. But not for long.

A year after moving in, I saw it: one tiny moth. Then another the next night. And the night after that. The exterminator came and easily identified the culprit: a moth that ate wicker. "Do you have any?" he asked. My husband pointed to the staged garage and the shelves of wicker baskets. But they look so pretty! And they organize our (untouched) sports equipment! The exterminator turned each basket over; they were covered in nests.

I told myself it didn't matter. The shelves came down,



ABOUT THE AUTHOR

Brenda Janowitz is the author of six novels, including *The Grace Kelly Dress,* which was published by Harper Collins in March. She lives on Long Island, New York, with her husband and two sons—and no moths that she knows of.

COURTESY OF MATTHEW STARR OF STARR DIGITAL

and I continued my nightly routine—I put our baby to sleep, cleaned every counter, fluffed every throw pillow. It was just a garage, and I was happy it wasn't the inside of my house that was ruined.

Then, the fire. With my kitchen, I needed to cook like a pro, just to live up to my high-end appliances. One evening, four months pregnant with my second child, with my 19-month-old at the table, I decided to surprise Doug by making corn dogs from scratch. Deep-frying couldn't be that difficult, I reasoned. Sandra Lee made it look easy. I put my oil on the burner and, minutes later, it began to smoke, then catch fire. With the help of an extinguisher, I got the fire out, but not before the flames licked the stove's hood and smoke filled the room.

In an instant, my kitchen was ruined. Smoke patterns on the ceiling, scorched cabinets, and a lingering smell I thought would never go away. I was wrong. Painters came in and used a special base coat that removed the smell, and a week later it looked new again.

The kitchen was quickly put back together, but I was not so easily fixed. I couldn't cook, I couldn't sleep—nightmares about the fire consumed me. I couldn't stop thinking about how foolish I'd been, how this fake aura of perfection had almost burned my house to the ground, with my child and unborn baby in it.

I'd live in a model home, but I'd no longer live a model life. Turns out, there's no such thing. This idea I'd been chasing wasn't real—what *was* real was even better: my husband and our two sons. Our family. The life we created.

Today, I don't use fresh linens for weeknight dinners. I don't clean like a maniac. I allow throw pillows to remain strewn on the floor. I help my kids build forts in the family room. While we did take up biking, we still don't canoe. I love my house—from the inlays in the wood flooring (now scuffed), to the intricate faux painting (made even more detailed with marker stains), to the soaking tub in my bathroom (which my kids use, though seldom to take long, relaxing baths). But it's not the model home anymore. It's *our* home.

DO DENTALIFE DAILY.
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Every day, your dog's into something. That's why, every day, you need DentaLife® ActivFresh® chews.
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Modern Manners

***REAL SIMPLE*'S ETIQUETTE EXPERT, CATHERINE NEWMAN, OFFERS HER BEST ADVICE ON YOUR SOCIAL QUANDARIES.**

G.M. ASKS...

My husband's friends and family expect our child to say, "Yes, ma'am," and "No, sir," and use "Mr." and "Mrs." My friends prefer to be called by their first names and dislike "ma'am" and "sir." I'd feel uncomfortable making my kid call me "ma'am," yet I often use it myself to show respect. I'm confused about what to teach my kid. Any advice?

One lovely thing about raising children is that you get to explain confusing things to them, rather than leaving them to be confused. So even though you and your kid might feel pulled between different traditions, you can always talk about it. Plus, you can introduce your child not to the golden rule but to the *platinum* rule: Treat people how they want to be treated. "We call our neighbor Mrs. Johnson," you can say, "because that's how she introduced herself." You might set a more formal default for littler kids, since your friends can always say, "Oh, just call me Joey." As kids grow up, consider having a nuanced conversation about the ways people are different—right down to the language they use to refer to themselves and others.

ABOUT CATHERINE

The author of *How to Be a Person: 65 Hugely Useful, Super-Important Skills to Learn Before You're Grown Up*, Catherine Newman has shared her wisdom on matters ranging from family and friends to happiness and pickling in numerous publications. She gets advice from her husband and two opinionated, largely grown children in Amherst, Massachusetts.

S. ASKS...

We love to sit on our apartment's balcony and enjoy dinners and coffee—it's our little escape. But our neighbors smoke right under it, at the entrance to their garage. We have to go inside because we can't stand the smell. What's the best way to tell them to smoke their cigarettes elsewhere?

Maybe don't start out by *telling* your neighbors anything. Unless your apartment complex has rules stating otherwise, they have a right to smoke outside their garage—which means you might begin by *asking* them not to, as a space-sharing favor. Give a time parameter: "We like to eat dinner on our balcony at 7, but we're bothered by cigarette smoke. Would you be willing to smoke somewhere else during that time? We'd be so grateful!" Assuming that you have a good relationship with them, and that you approach them in the spirit of problem-solving (rather than finger-wagging), your neighbors may be quick to accommodate your modest request.

CATHERINE NEWMAN ILLUSTRATION BY ULI KNÖRZER

Illustrations by Yoco Nagamiya

M.H. ASKS...

My friend is getting married for the second time. She's having a very small, private ceremony, which is sweet and suits the couple. But I got an invitation to a shower. Am I wrong to find this odd—being asked to "shower" someone whose wedding I wasn't invited to?

Conventional etiquette is on your side—you shouldn't invite anyone to the shower who's not invited to the wedding. But since it's a tiny ceremony, you can forgive the bride her desire to have a more expansive shower. This might be the best compromise between the potential complications of a second wedding and the joy she wants to share with her friends. Yes, wedding rules practically beg you to have hurt feelings or judge her, but you can decide simply not to. Give your friend the benefit of the doubt and meet her where she's at: throwing a wedding-adjacent party, maybe even hoping for presents, and wanting you to celebrate with her.

K.D. ASKS...

A friend asked multiple families to join her family for a local theater performance. During intermission, I learned she'd had a dinner party beforehand. She invited everyone but us, which I found hurtful. Am I being too sensitive?

My family's rules for excluding people are these: Try not to. If you do, keep it on the down low, and don't exclude just one single person. Your friend violated at least two of these guidelines, and she hurt your feelings in the process. You're not being too sensitive. Of course you felt bad—given that the group arrived together from the dinner party—and your friend should have predicted as much. Maybe she's a super-controlling host and had the wrong number of chairs or lamb shanks; maybe she forgot to send you the invite and was too embarrassed to say anything; maybe, moving forward, she's just not going to be one of your nearest and dearest. She wouldn't be one of mine.

S.B. ASKS...

Our neighbor makes delicious baked goods—cinnamon rolls, banana bread—and shares them with us. However, she adds nuts to every recipe! My family doesn't like nuts in our baked goods. How do we keep the treats coming and show our gratitude, but get her to stop adding nuts?

Your competing wishes make me smile. What if you said something like "We've been so thrilled to get all these amazing baked goods. But you should probably pick a new lucky recipient, since it turns out my family doesn't really eat anything with nuts." That gives your generous neighbor the information she needs to accommodate you—or she can decide to pass the treats along to someone who will enjoy them more, nuts and all.

HAVE AN ETIQUETTE QUESTION?
Hover your phone's camera here to submit your question for Catherine, or email her at **modernmanners@realsimple.com.**

Pet Tricks

Bringing Home Baby

WHEN YOU ADOPT AN ANIMAL, TAKE A FEW STEPS TO MAKE SURE YOU HAVEN'T BITTEN OFF MORE THAN YOU CAN CHEW.

By Brandi Broxson

Call a Family Meeting

Figure out responsibilities. Who will walk the dog? Feed the cat? And—the all-time favorite—scoop the litter box or pick up the lawn? Decide whether your pet will be allowed on furniture and where he'll sleep, so everyone knows the rules and agrees to use the same training tactics.

OUR EXPERTS

KITTY BLOCK, PRESIDENT AND CEO OF THE HUMANE SOCIETY OF THE UNITED STATES

MARY GARDNER, DVM, VETERINARIAN IN BOYNTON BEACH, FLORIDA

DIANE ROSE-SOLOMON, AUTHOR OF *WHAT TO EXPECT WHEN ADOPTING A DOG*

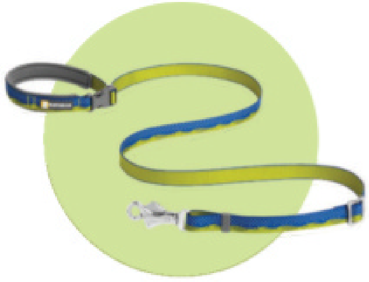
Prep the Paperwork

When there's high demand at a rescue or shelter, it helps to have your application preapproved, meaning your references and paperwork have been checked. That way, when you fall hard for that puggle, you'll be at the top of the list of potential homes. You'll probably need to share proof of homeownership (or a permission letter from your landlord), identify what vet you plan to use, and agree to spaying or neutering. You should ask if the animal is potty-trained or litter-trained, if she has any health concerns, what her previous home was like, and if she gets along with kids or other pets. Bring a picture ID, cash or a card to pay the adoption fee, and a leash or cat carrier with you to the shelter.

Ready Your Space

Pick a room in your house—preferably one with a tiled floor, for the easiest cleaning of potty accidents—and set it up as a home base. Keeping your pet in a small, contained area at first will help him feel less overwhelmed. (Expand the parameters as he gets more comfortable.) Set out bowls for food and water, a soft bed, a litter box, and a couple of toys to soothe your new friend. Remove any fragile items, toxic cleaning products or plants, and anything he might like to nibble and gnaw.

The Gear



REFLECTIVE LEASH

This lightweight lead can be held in your hand or worn around your waist. It adjusts from 3½ to 6 feet, features a padded handle, and stands out on nighttime walks. **TO BUY:** Crag Reflective Dog Leash, $35; ruffwear.com.

WATERPROOF BLANKET

This plush, 40-by-30-inch blanket is reversible, machine washable, and a great place for a new pet to relax. **TO BUY:** Petmaker Waterproof Blanket, $22; overstock.com.

COMFY CARRIER

Transport a cat or small dog in this tote. It has multiple mesh panels and a washable liner. **TO BUY:** TrustyPup Dog Travel Soft Sided Carrier, $28; walmart.com.

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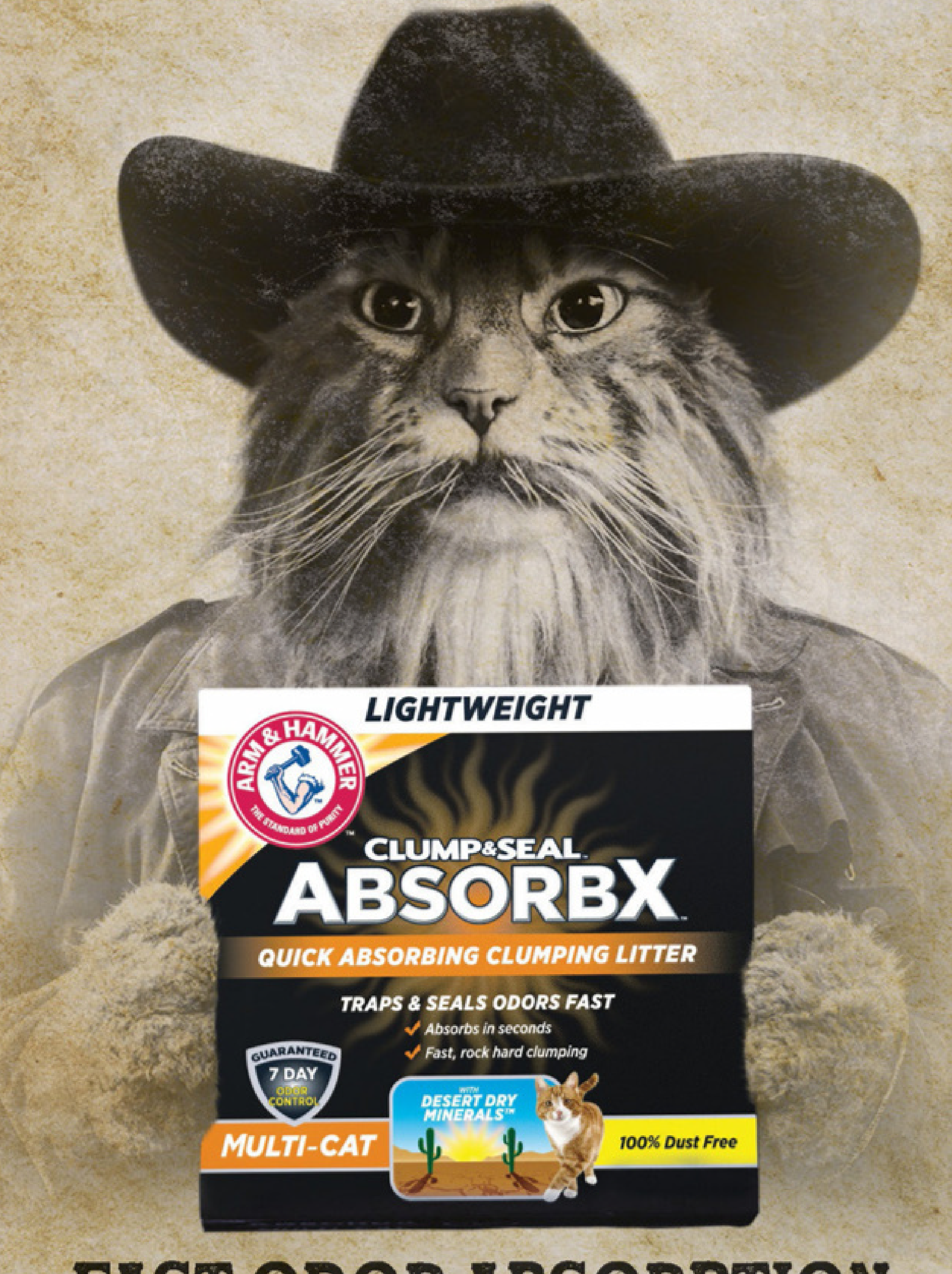
REWARD

LITTER THAT ABSORBS WETNESS
IN SECONDS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From Exhausted to Excited: Flip Your Parenting Mindset

YOU LOVE YOUR KIDS—BUT MAN, IS THIS GIG RELENTLESS! SUSAN G. GRONER, FOUNDER OF THE PARENTING MENTOR, OFFERS 15 SIMPLE STRATEGIES TO HELP YOU CHANNEL POSITIVITY WHILE RAISING RESILIENT, SELF-SUFFICIENT HUMANS.

1

Love 'em every chance you get.

Before you know it, they will be grown and starting their own lives. Grab that hug at every opportunity. Try not to leave the house without an embrace, kiss, or "I love you." You won't regret this effort, no matter how pressed you are for time. You will always be your child's parent, but your time together really does go fast.

Illustrations by Anne Bentley

HEINZ
ESTD 1869
TOMATO KETCHUP
ORGANIC CERTIFIED
USDA ORGANIC
HEINZ
ESTD 1869
TOMATO KETCHUP
SIMPLY
NO ARTIFICIAL SWEETENERS
HEINZ
ESTD 1869
TOMATO KETCHUP
Kid APPROVED Taste!
WITH A BLEND OF VEGGIES
THERE'S A HEINZ KETCHUP
FOR EVERYONE.

2

Replace chores with contributions.

To make chores seem like not such a…well, chore, stop calling them that. Instead, they become “family contributions.” Teach your 2-year-old to collect dirty clothes into a basket. Have your 7-year-old water the plants. Give older kids first picks from a list of family needs. Explain that you’re all on the same team working for household success. Be a cheerleader rather than a drill sergeant. When kids pitch in, families grow closer, and it’s inoculation against entitlement.

3

Say yes with joy.

If you know you’re ultimately going to let your daughter have a three-person sleepover or allow your son an extra brownie after dinner, just go straight to a happy “Yes!” When you offer up an awesome gesture as if you were doing your kids a big favor, it takes the fun out of it. It’s so easy to add joy to your delivery with “Sure!” or “I’d be happy to!” or “Let’s do that!” Your enthusiasm will make your child—and you—feel even better.

4

Schedule alone time with each child.

There’s no substitute for one-on-one time. Positive, focused attention helps build and maintain an emotional connection. If you can swing 10 to 15 minutes every day, great. Schedule it whenever possible. To make the most of this time, do whatever your child wants. That might be building a tower or playing make-believe. Ask older kids to show you their favorite video game or app.

5

Ask kids what they think.

Be an active listener. Rather than launching into your own opinions about a situation at school or a problem your child is having with a friend, ask probing questions to find out where your child stands on the issue. Everyone likes to know that their opinion is valued and needed.

6

Play board games together.

Board games aren’t just fun—they’re opportunities to shake up family roles. Games like Chutes and Ladders require luck, not skill, so the littlest family members can win fair and square. Some kids will rule at games like Pictionary, Apples to Apples, and Taboo, where being able to anticipate how another player thinks gives you a big advantage. So mix up the repertoire, and may the best player win.

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7

Spend time only with people you like.

Stop hanging out with people who don’t make you feel good about yourself or your parenting. You’re not obligated to be friends with anyone, even if they’re the parents of your children’s friends. Showing your kids that there’s no place in your life for people who bring you down will help them learn to navigate their own friendships.

8

Respect your team.

Teachers, coaches, instructors—they’re all part of your parenting team. Your child may have been benched or struggled in online classes with a teacher who was technologically impaired. Of course you’re frustrated, but don’t yell at or blame someone else. Your child needs to see you treat other authority figures with respect. Ask privately and politely if there’s something your child could do to thrive more. A lot can get accomplished through teamwork. Little gets done through finger-pointing.

9

Practice random acts of kindness together.

Help someone cross the street, hold open a door, say something nice to a stranger. Without making it a big deal, discuss what it felt like to do something nice and unexpected. Talk about what the other person may have felt like. And if someone holds open a door for you, take a moment to mention how it made you feel. “I love when that happens!” sends a clear message.

10

Don’t worry about college until high school.

Your child will probably get into college even if they haven’t become the best violin player in your time zone by second grade. Parents may try to convince you otherwise, but only because someone already convinced *them*. Childhood and adolescence are times to try different things and discover what you like. Many kids who are groomed for college through an activity end up hating it by the time they apply. College is just another period in your child’s life; it’s not the end game.

11

Model patience.

Children are not born patient. They learn to be patient—by watching you. So when you’re in a slow line or heavy traffic, take a deep breath before you start your rant. Show your child that it’s OK to be frustrated by something and still have a sense of humor about it.

12

Teach OHIO—only handle it once.

Dirty plates skip the sink and go right into the dishwasher. Coats come off, bypass the living room chair, and go straight onto a hook or hanger. Boxes are emptied and go into recycling. A fun phrase that reminds your child of a life skill sounds less like nagging and more like a secret code. Plus, don’t be surprised if they repeatedly yell “OHIO!” at messy roommates later in life. Win!

13

Smile big and often.

Smiling is more than a result of happiness; some research suggests it may also be the cause. When you smile, you're apt to be less stressed and probably more likely to be heard by your child. Your tone changes when you're smiling. Your child can hear the difference, and it sets the mood for your home. Smiling is easy, free, and infectious. Go ahead: Make your day!

14

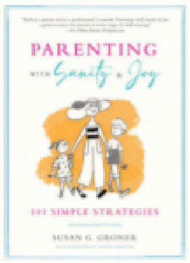
Keep cookies around.

Kids like to be in places where there are good snacks. Having something fun to nibble on makes your kids' friends feel welcome. If your family doesn't typically do cookies or treats, keep a guest stash of snacking options that won't make eyes roll. Not everyone wants to chow down on quinoa squares.

15

Call your childhood self to mind.

What were you like as a child or teen? Be honest. Were you the super-organized person you are today? Did you do everything you were told? Chances are, the answer is no. It takes a long time (25 years!) for the rational, nonimpulsive part of our brains to develop fully. Children are evolving into grown-ups—just as you did.



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COLD AND FLU SEASON IS ALMOST UPON US—AND WE'RE ALL ANXIOUSLY WATCHING FOR A SPIKE OF COVID-19. IF YOU'RE FEELING EXTRA MOTIVATED TO BOOST YOUR IMMUNITY TO THE MAX (AND KEEP IT THERE UNTIL SPRING), START BY OPTIMIZING YOUR DIET.

By Beth Weinhouse

PROP STYLING BY ASTRID CHASTKA FOR HELLO ARTISTS

Photographs by Ted + Chelsea Cavanaugh

WE RELY ON OUR immune system every day to protect us from germs, but a pandemic brings its importance into sharp focus. If you want to feel confident that yours is in top-notch working order, start with one big question: How's your diet?

"Most of our immune system is concentrated in the gut," says Michael Greger, MD, founder of NutritionFacts.org and author of *How to Survive a Pandemic*. In fact, it's thought that about 70 percent of your immune response originates from this digestive command center. The lining of your intestines covers more than 2,000 square feet (!) and is home to friendly bacteria and white blood cells, including those that produce antibodies. Not surprisingly, then, your diet plays a crucial role in your body's ability to fight viruses and other germs. New studies point to the following nutrients and dietary habits that either undermine the immune system or keep it going strong.

IMMUNITY SABOTEURS

IMMUNITY ENEMY #1

Excess Alcohol

Relaxing with a glass of wine every other day or so is OK. But if you've started drinking more than that to cope with stress, "it will be harder to fight further complications if you develop Covid-19," says Kristin Kirkpatrick, RDN, a dietitian at Cleveland Clinic. In April, a European branch of the World Health Organization advised people to limit alcohol consumption, particularly during the current pandemic, noting that alcohol compromises immunity and carries other health risks. Plus, alcohol harms the liver, which helps fight infections.

INSTEAD: Kirkpatrick says that people who like to drink two or three glasses of wine a day can still do so…provided they dilute the wine with sparkling water. "Measure out five ounces of wine—the equivalent of one glass—and put it in three separate glasses," she advises. "Then add seltzer to fill the glasses." Take other small steps: Cut back to drinking every other day rather than daily, or indulge only on weekends. "Give your liver a break!" Kirkpatrick says.

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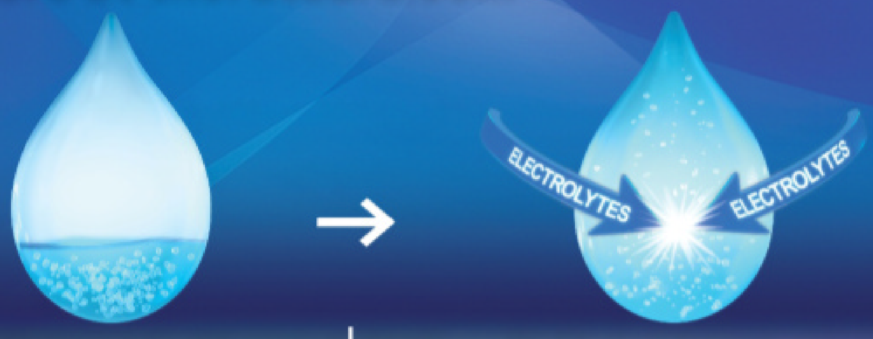
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IMMUNITY ENEMY #2

Added Sugars

Diets high in sugar and refined carbs contribute to chronic conditions like obesity, diabetes, and heart disease—all of which have been linked to more serious symptoms of Covid-19. “Having a sweet here and there isn’t going to affect our immune system,” says Vincent C. Tubiolo, MD, an allergy, asthma, and immunology specialist in Santa Barbara, California. “But substituting more nutritious things with sweets creates health problems, and then the risk of infection goes up.”

Americans consume about 17 teaspoons of sugar a *day*, when the recommended daily limit is six teaspoons for women and nine for men. These high levels of added sugar can lead to chronic inflammation, which experts believe puts the immune system on overdrive against itself.

INSTEAD: Whenever you want a sweet fix, choose something that contains fiber, which slows the absorption of sugar into the bloodstream and helps mitigate the rapid rise and fall in blood sugar and insulin that can damage organs, nerves, and blood vessels. “That’s why whole fruit is so good for you,” Kirkpatrick says. Other high-fiber picks: chocolate-covered almonds or a whole-grain muffin. And if you’re a baker, experiment with a fiber-rich flour, like almond or coconut, and try making pizza crust with cauliflower rather than white flour.

IMMUNITY ENEMY #3

Too Much Sodium

Most Americans consume a lot of salt, especially from packaged, processed, and fast foods. A recent German study found that people who were given an additional six grams of salt per day—similar to the amount in two large fast-food meals—showed weakened immunity after just one week. Excess salt is also a risk factor for high blood pressure and heart disease.

INSTEAD: Cooking meals at home with fresh ingredients is the best way to reduce sodium. Shop for low-sodium versions of obvious culprits, such as beans, soups, and cheese (especially Halloumi, feta, and blue). “Reading labels is crucial, since there are many surprising high-sodium foods, including sliced bread—even whole-wheat—plus hot dog and hamburger buns, tortillas, flatbreads, store-bought pizza crusts…basically anything bready,” says Jenna Helwig, *Real Simple*’s food director.

IMMUNITY BOOSTERS

IMMUNITY ALLY #1

A Refreshing Glass of Kombucha

Experts believe that keeping the trillions of bacteria in the gut (called the microbiome) healthy is key to immunity. If you don’t, “pathogenic bacteria may take over, resulting in inflammation and compromising immune function,” says Christopher D. Gardner, PhD, Rehnborg Farquhar Professor of Medicine at Stanford University’s Prevention Research Center.

EAT UP! An easy approach to a happy gut: Enjoy one to two daily servings of prebiotic or probiotic foods. Prebiotics (found in foods like beans, chickpeas, and lentils) are dietary fibers that feed the good bacteria; probiotic foods (such as kombucha, yogurt, sauerkraut, kimchi, and kefir) are fermented and contain live bacteria. “Probiotics may actually improve immune function throughout the body,” Gardner says. Choose items with low added sugar, like Health-Ade Ginger-Lemon Kombucha, KeVita Cucumber Rosemary Sparkling Probiotic Drink, and Siggi’s, Fage, and Chobani yogurts.

> People who ate an extra six grams of salt per day showed weakened immunity after just one week.

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IMMUNITY ALLY #2

A Crunchy, Colorful Salad

Consider a bowl of rainbow-colored plants your ticket to immunity-boosting nirvana. It's a satisfying source of a trio of protective antioxidants—vitamins A, C, and E.

EAT UP! Start with a base of kale or arugula. A chemical in these vegetables, called sulforaphane, may help reverse some of the immune decline that comes with age. Then pile on peppers for vitamin C, an "immune superstar" that helps produce infection-fighting antibodies, Kirkpatrick says. Toss in carrots for vitamin A and nuts and seeds for vitamin E (which Americans tend to fall short on). Add other cruciferous vegetables—broccoli, purple cabbage, cauliflower—for even more sulforaphane.

PILOT KOMBUCHA
TURMERIC ALOE

IMMUNITY ALLY #3

Blueberry-Cardamom Compote

When it comes to immunity benefits, blueberries stand out. They're high in flavonoids—powerful anti-inflammatory antioxidants that help protect against upper-respiratory infections. "Studies have shown that blueberries boost levels of natural killer cells," Greger says. These white blood cells are a kind of rapid-response team against cancer cells and viruses, including novel ones like the coronavirus. "They're called 'natural killer cells' because they don't require prior exposure to a threat to be activated," Greger explains.

And while eating blueberries may boost the *number* of natural killer cells, there's one spice—cardamom—that might boost their *activity*. In a petri dish, natural killer cells could eliminate more cancer cells after cardamom was added, Greger notes.

EAT UP! This fruit sauce, from the *Real Simple* food team, is an easy, delicious way to get your fill of blueberries and cardamom.

Mix a 12-ounce bag of frozen blueberries (about 3 cups), 2 tablespoons maple syrup, ½ teaspoon vanilla extract, ¼ teaspoon ground cardamom, and ⅛ teaspoon kosher salt in a medium saucepan. Cook over medium-high, stirring occasionally, until fruit thaws and breaks down, 5 to 10 minutes. Whisk in 2 teaspoons cornstarch and boil, whisking, until sauce is glossy and thickened, about 1 minute. Serve over plain Greek yogurt, oatmeal, pancakes, waffles, or ice cream. Refrigerate in an airtight container for up to 5 days.

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Productivity Tricks That Keep You on Track

POINTLESS MEETINGS, ENDLESS INTERRUPTIONS, AND AN ANXIETY-INDUCING NEWS CYCLE ARE NO LONGER PART OF YOUR JOB DESCRIPTION. ERIN ZAMMETT RUDDY EXPLAINS HOW.

Illustrations by Sam Kalda

PRODUCTIVITY PITFALL

“I feel like the meetings I host aren’t always effective.”

THE FIX

Do a meeting audit.

THE EXPERT

REBECCA SUTHERNS, PHD, IS THE FOUNDER OF SAGE SOLUTIONS, A CONSULTING FIRM THAT SPECIALIZES IN COLLABORATIVE STRATEGIC PLANNING.

First, think about the meeting’s purpose and whether it’s even necessary. What are the minimum requirements for the discussion—could it be a one-on-one phone call? An email? The main reasons to hold a meeting (or Zoom conference) are to reduce blind spots and increase everyone’s buy-in, so plan to meet if those goals are top of mind.

Then assess your guest list. Too many people are invited to meetings they don’t need to attend, and we’ve all been at meetings where people say, “Oh, I can’t make a decision on that. I have to ask so-and-so.” Check that the invite list is complete (and that “so-and-so” is there).

Also, change up the locations of face-to-face meetings. People often think more creatively when they’re in varied spaces, so try hosting your weekly meeting in different spots.

For a more productive gathering, plan how the meeting will run. Put together a bulleted agenda with actionable items, like “Brainstorm about this idea,” or “Make a decision on *x*.” If you can manage the details and focus of the meeting well, people will be more engaged. Visuals also help people stay interested and retain information; consider putting together a quick presentation to keep the meeting flowing.

Finally, what gets written down is what lives on after the meeting, so make sure documentation happens. Follow up right afterward with an email that lays out next steps and states who will do what by when. Define what “done” looks like for each to-do item so everyone has similar expectations.

Too many people are invited to meetings they don’t need to attend.

PRODUCTIVITY PITFALL

“I want to stay up to date on the news, but sometimes I find myself spiraling.”

THE FIX

Curate your news intake.

THE EXPERT

JENNA LEE IS A JOURNALIST, WRITER, AND PRODUCER. SHE IS THE FOUNDER OF LEEP MEDIA AND SMARTHER NEWS AND A FORMER CO-ANCHOR OF *HAPPENING NOW* ON FOX NEWS.

Whether you’re working from home or the office, staying informed throughout the day can feel like a full-time job, especially during an election year that coincides with a pandemic. Being thoughtful about where you go for news is critical to ensuring you’re getting information you can trust.

Start by signing up for the daily email briefing sent out each morning by your favorite news source (try

AP Morning Wire from the Associated Press for a sampling of what's happening all over the world). Or listen to a daily radio briefing or podcast on your commute or lunch break.

If you feel overwhelmed trying to stay on top of everything, focus on just three topics, like how the economy is doing, where our soldiers are, and maybe health innovations—that last one is a great way to include optimism in your news diet.

Also, consider following photojournalists on social media. They can add interesting perspectives because they're actually in the regions they're reporting on.

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Zoom @ 5
Order more paper mail copies
ENDA
Meeting

PRODUCTIVITY PITFALL

"I feel like I'm always interrupted, both in the office and when working from home."

THE FIX

Protect your time by setting expectations up front.

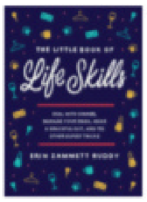
THE EXPERT

DEBORAH GRAYSON RIEGEL IS A KEYNOTE SPEAKER, EXECUTIVE COACH, AND CONSULTANT WHO TEACHES LEADERSHIP COMMUNICATION.

Get ahead of interruptions by asking to be left alone. For even better results, specify why. Say something like "I'm on deadline to get this sales presentation to a client." One fundamental way we build trust with others is by explaining our decisions, even if the person doesn't agree with them.

Don't be reluctant to ask for the time you need: Research shows that once concentration is broken, it takes about 23 minutes to regain a flow. Your request shouldn't be aggressive or passive; it should be *assertive*. After you ask coworkers or family members for a certain amount of alone time, close your door, put on headphones, turn off notifications, and disconnect from all outside sources—you can even put an auto response on your email and text messages. This signals to others and yourself that you're focused on something important.

If you still get interrupted, try saying this: "I'm in the middle of something. You can have five minutes of my time now, but please know that I'm distracted and you won't have my full attention. Or you can have my full attention at *x* o'clock. Which do you prefer?" If they choose five minutes now, you have to honor it.



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STOCKSY

Manage the Most Important Debt You'll Ever Have

NAVIGATE THE TRICKIEST MORTGAGE SITUATIONS, FROM RECASTING TO PAYING IT OFF.

By Brittany Anas

Photographs by Yaroslav Danylchenko

A MORTGAGE IS THE BIGGEST DEBT most of us carry, with U.S. borrowers owing an average of $202,284. Unlike credit card balances, mortgages are considered good debt (or *better* debt, at least) because they come with low interest rates and help build equity. Most of us negotiate our mortgage, then forget about it until we write that monthly check. But smart investors can and should manage the loan throughout the process. Here, our experts demystify complex concepts, like reverse mortgages and mortgage recasting, and help you nail down the lowest possible interest rates.

I'm buying a new home. How do I find the best mortgage rate?

WHAT IT MEANS: A mortgage rate is the interest you pay throughout the loan on all the money you borrow; different lenders offer different rates.

RECOMMENDED FOR: People looking to buy or refinance.

Your negotiating power is determined by how qualified you are as a buyer, says Brittney Castro, a certified financial planner with Mint. A credit score of 740 or higher (the max is 850) will help you nab the best interest rate. But lenders also like to see that you have a stable income and little debt, and that you're able to make a sizable down payment, ideally 20 percent, Castro says.

Do your research and reach out to banks, credit unions, and mortgage websites to compare rates. Start by checking the bigger banks to get a sense of where rates are—they're now dipping to historically low levels, says Michelle Brownstein, a certified financial planner and the vice president of private client services at Personal Capital. Shopping around is important, especially in today's market, to ensure you aren't spending more in interest than you need to, Brownstein says. Getting five quotes from lenders could save you $3,000 over the life of the loan, according to Freddie Mac. Ask lenders to match competitors' terms. A mortgage broker might also help find you the best deal, Castro says. Keep in mind that you can start mortgage applications with multiple agencies or lenders without harming your credit score, as long as you do so within a short period of time.

When assessing multiple mortgage loans, make sure you're comparing apples with apples, Castro says. One lender might require you to pay points (prepaid interest) to get the best rate, while another lender might not. Go to the Federal Trade Commission's website for a mortgage-shopping worksheet that will help you keep track of rates and terms.

How do I refinance?

WHAT IT MEANS: You get a new mortgage, at a lower interest rate, for the home you already live in.

RECOMMENDED FOR: Homeowners who want a better interest rate and lower monthly payments.

Interest rate envy is real (how did your friend get 3.25 percent while you're forking over 4.5 percent?), but refinancing is no small feat. You go through full underwriting all over again, and you may need to get your house appraised just as you did during the initial purchase, says Lauren Anastasio, a certified financial planner at SoFi. The process can take anywhere from a few weeks to several months.

Also, you may have to pay a fair amount up front: Fees are typically 2 to 5 percent of your outstanding principal, says David Reiss, a professor at Brooklyn Law School and the editor of *REFinBlog*. So if you plan to move within a year or two, you likely won't recoup the expense, he says. To make sure it's worth it, ask your lender for a "break-even analysis," Anastasio recommends.

Certain types of refinancing don't necessarily lead to lower monthly payments but can still be beneficial. Some homeowners pull equity from their loans in a cash-out refinance, Anastasio says. Others change the terms from 30 years to 15 to pay off their homes sooner (more about that on the next page).

How can I pay off my mortgage faster?

WHAT IT MEANS: You'll shorten your loan term or make extra payments.

RECOMMENDED FOR: Those who have enough wiggle room in their budgets to put more money toward their mortgages.

Every year, make an extra payment, and be sure to earmark it for principal payment only. Depending on your interest rate and loan terms, this strategy could reduce your payoff time by four to six years, says Casey Fleming, a mortgage adviser and the author of *The Loan Guide: How to Get the Best Possible Mortgage*.

If you can afford bigger monthly payments, opt for a shorter-term loan when you refinance or apply for a mortgage, Fleming says. Many buyers gravitate toward 30-year fixed mortgages, but 15-year fixed loans typically come with lower interest rates, so you end up saving a significant amount. For instance, the monthly expense on a $100,000, 15-year fixed mortgage at 3.4 percent is $710, compared with $483 for a 30-year fixed mortgage at 4.1 percent. But the total payment over the course of the loan is $127,800, versus $173,880.

For more money advice—our best savings tips ever, in fact—head to realsimple.com/savemore.

When I got my bonus, my boss suggested I recast my mortgage. What does that mean?

WHAT IT MEANS: Recasting is a way to lower your monthly payments without refinancing.

RECOMMENDED FOR: People who have a big chunk of cash on hand they don't want to otherwise invest.

When you make a lump-sum payment toward your mortgage, there are two possible outcomes, says Matt Frankel, a certified financial planner and mortgage expert at the Ascent, a personal finance brand. The first (more common) one is that your principal is reduced while your monthly payments stay the same, helping you pay off the loan faster.

The other is a mortgage recast, Frankel explains. When you recast your loan with a large onetime payment—whether it came from a bonus, inheritance, legal settlement, or sale of another property—the lender recalculates the loan to reflect the lower balance. The terms stay the same, but your monthly payments go down.

If you want to recast, get in touch with your lender to see if your loan is eligible. (Some types, like Federal Housing Administration loans, can't be recast.) The minimum sum needed to recast commonly ranges from $5,000 to $10,000, Frankel notes.

Is a reverse mortgage the right move for me?

WHAT IT MEANS: Available to homeowners ages 62 and older, a reverse mortgage converts some home equity into cash, without requiring the owner to sell their home or pay additional monthly bills.

RECOMMENDED FOR: Those who need help paying expenses (especially for in-home health aides) and plan to stay in their homes for a long time.

If you've built substantial equity or paid off your home entirely, a reverse mortgage may be a worthwhile strategy to help cover your expenses during retirement, says Holden Lewis, a real estate and mortgage expert at NerdWallet. With a traditional mortgage, you make payments to your lender each month—your debt goes down, and your equity goes up. But with a reverse mortgage, the lender pays *you,* and your loan balance increases while your home equity decreases.

Reverse mortgages are often used to pay off the existing mortgage, Lewis says. In this scenario, monthly mortgage payments are eliminated, though the homeowner still pays taxes and insurance. "The main drawback is that you could end up owing more interest over time," Lewis says. "And that loan and interest will be deducted from your equity when you sell the home or when your estate is settled after you die."

Many seniors consider reverse mortgages when they need a lot of care and can't afford an in-home health aide. But often they're concerned they'll deprive their children of an inheritance if they take on a reverse mortgage, Lewis says. Have a candid discussion with your children (or elderly parents). "They might value your desire to stay in your home over their eventual inheritance," he says.

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just simple ingredients...
butter and sea salt, non-gmo popcorn and oil
Jolly Time
Simply Popped
butter
simply butter, sea salt, popcorn & oil
NON GMO
GLUTEN FREE
35 CALORIES PER CUP
new!
Jolly Time
Simply Popped
sea salt
simply sea salt, popcorn & oil
NON GMO
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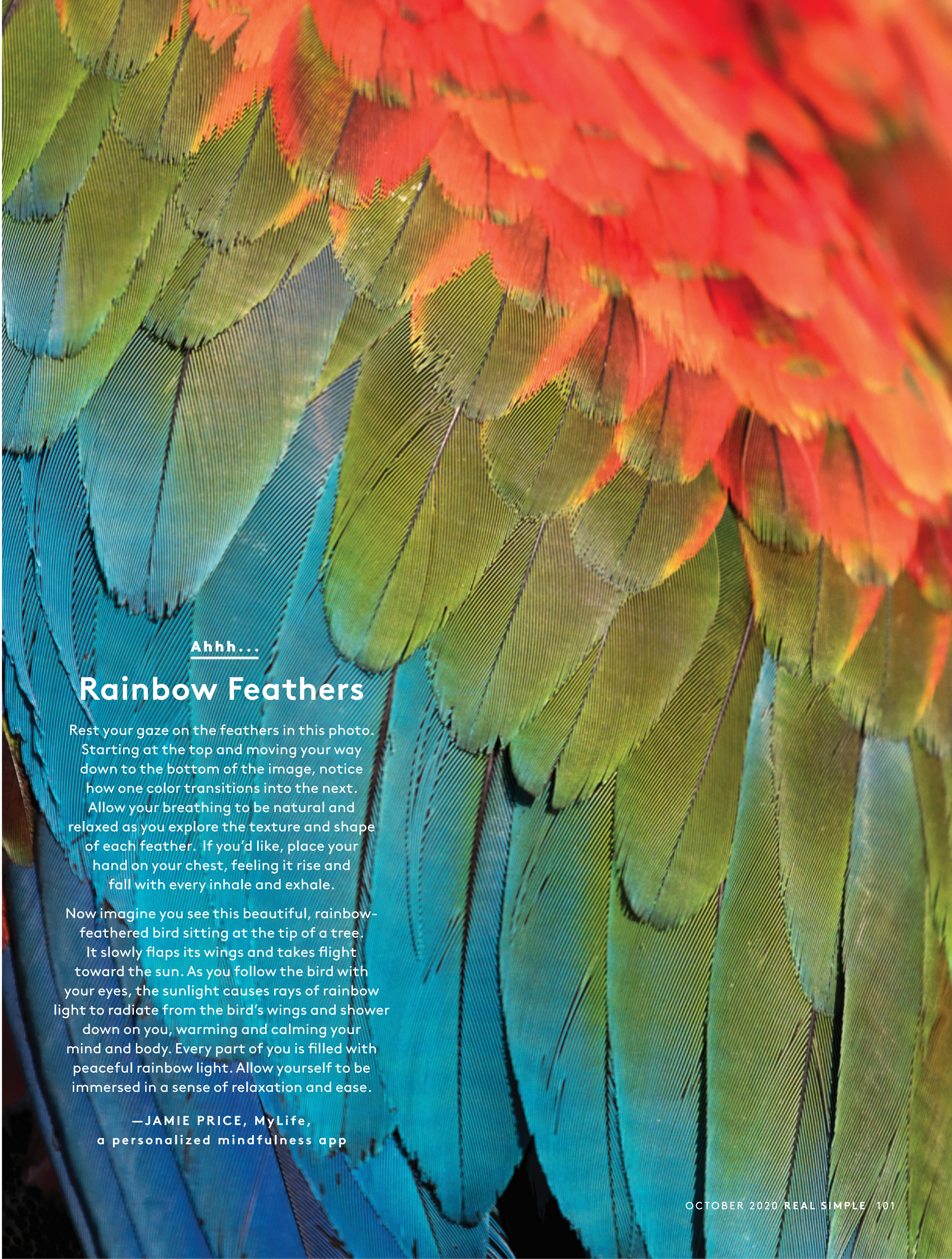


BISUAL STUDIO/STOCKSY

Ahhh...

Rainbow Feathers

Rest your gaze on the feathers in this photo. Starting at the top and moving your way down to the bottom of the image, notice how one color transitions into the next. Allow your breathing to be natural and relaxed as you explore the texture and shape of each feather. If you'd like, place your hand on your chest, feeling it rise and fall with every inhale and exhale.

Now imagine you see this beautiful, rainbow-feathered bird sitting at the tip of a tree. It slowly flaps its wings and takes flight toward the sun. As you follow the bird with your eyes, the sunlight causes rays of rainbow light to radiate from the bird's wings and shower down on you, warming and calming your mind and body. Every part of you is filled with peaceful rainbow light. Allow yourself to be immersed in a sense of relaxation and ease.

—JAMIE PRICE, MyLife,
a personalized mindfulness app

ROASTED BUTTERNUT SQUASH WITH TAHINI SAUCE

Einat's parents,
Ziona (on the Vespa!)
and Menashe,
in Tel Aviv

Tastes of Home

Recipes close to our hearts are usually less about where we ate them than who we ate them with. Five chefs and food writers share the love.

BY **JENNA HELWIG**

PHOTOGRAPHS BY **CAITLIN BENSEL**

Tahini That Transports Me to My Mother's Kitchen

EINAT ADMONY (@CHEFEINAT), CHEF, RESTAURANT OWNER, AND AUTHOR OF *SHUK*

I MOVED TO THE UNITED STATES more than 20 years ago to make my career in restaurants, but in many ways, when I think of home, I still think of Israel. This dish reminds me of there three times over. First, tahini is basically the national sauce of Israel—we put it on everything! Second, when I was growing up outside Tel Aviv, my mother cooked sweet vegetables (like butternut squash and pumpkin) a lot, usually with raisins and spices. She still lives there, and when I eat one of those foods, it takes me back to her kitchen.

And then, about 10 years ago, I was visiting a chef friend in Israel. She made a version of this tahini sauce for my toddler son. She drizzled it over cucumbers and radishes and served it to him in a bowl. Though Liam was an adventurous eater, and I knew he liked cucumbers, I figured he would ignore the radishes. But Liam finished the bowl—every last cucumber and radish—and asked for more! I credit it all to that sauce. Salty, sweet, creamy, and delicious, it makes the dish.

Now, when I serve it on top of roasted butternut squash with plenty of crunchy toppings, it reminds me of where I come from, my mother's cooking, and when my son was a little boy discovering how good food can be.

Roasted Butternut Squash with Tahini Sauce

ACTIVE TIME **15 MINUTES**
TOTAL TIME **55 MINUTES**
SERVES **4**

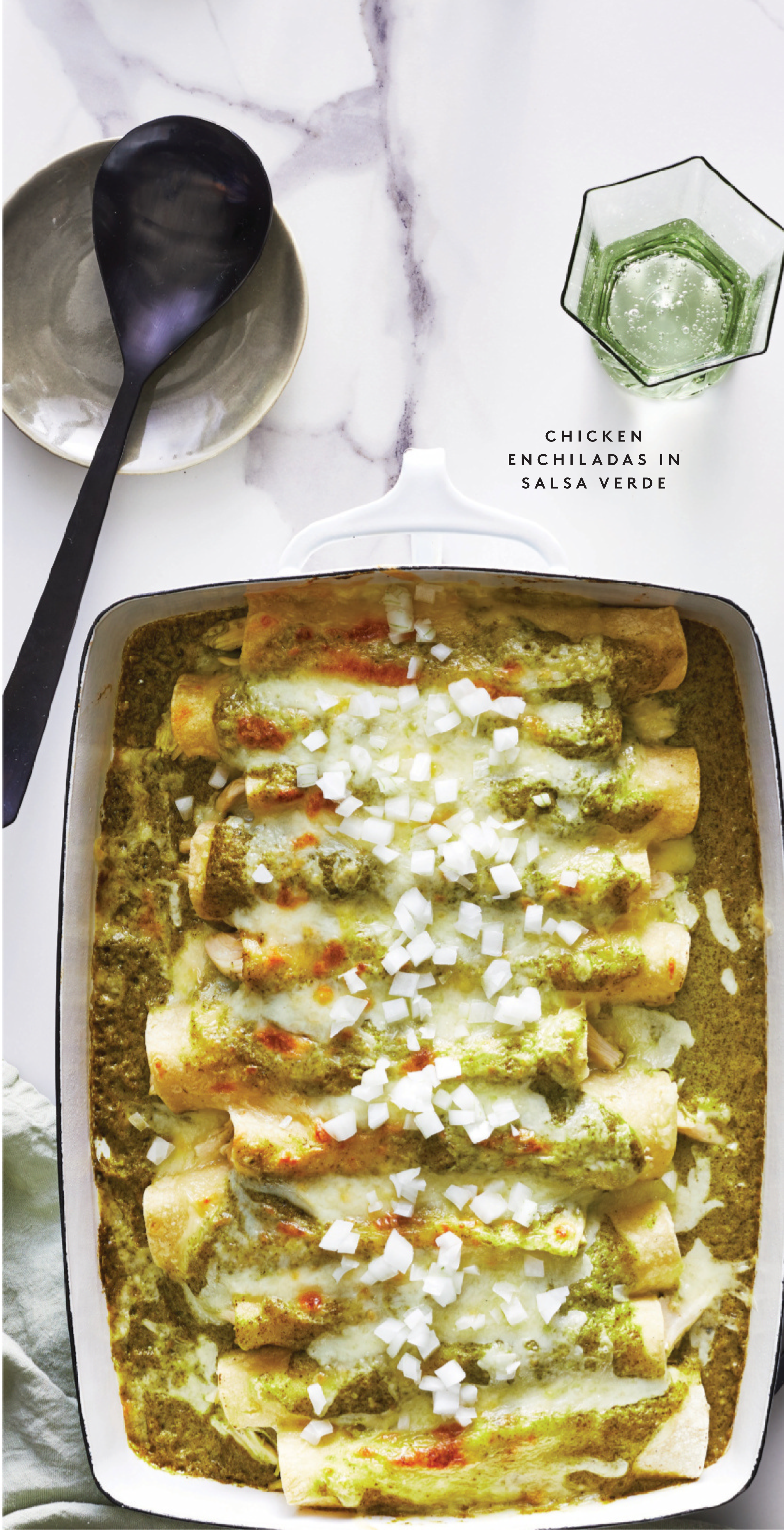
1	3-lb. butternut squash, peeled, seeded, and chopped into 1-to-2-in. chunks
2	Tbsp. olive oil
1¼	tsp. kosher salt, divided
½	cup tahini
1	clove garlic, grated
1½	Tbsp. honey
1	Tbsp. soy sauce
1	Tbsp. lemon juice
1	Tbsp. rice vinegar
3	Tbsp. toasted pepitas
2	Tbsp. toasted sesame seeds
½	cup roughly chopped cilantro leaves and tender stems

PREHEAT oven to 375°F. Toss squash with oil and ½ teaspoon salt on a large baking sheet. Roast until tender, lightly browned, and crisp in places, about 40 minutes.

MEANWHILE, combine tahini, ¼ cup cold water, garlic, honey, soy sauce, lemon juice, vinegar, and remaining ¾ teaspoon salt in a medium bowl. Add 1 or 2 tablespoons water to thin sauce to a pourable consistency, if necessary.

TRANSFER cooked squash to a serving platter and drizzle with desired amount of sauce, saving remainder for another use. Top with pepitas, sesame seeds, and cilantro.

You'll want this craveable sauce on salads, vegetables, and even grilled meats.



CHICKEN ENCHILADAS IN SALSA VERDE

Pati at age 8 with her father, Miki

A Mexican Classic I Savor a Special Way

PATI JINICH (@PATIJINICH), COOKBOOK AUTHOR AND HOST OF *PATI'S MEXICAN TABLE* ON PBS

WHEN I WAS GROWING UP IN MEXICO CITY, my dad used to take me to Sanborns, a famous restaurant and department store. Their chicken enchiladas in salsa verde are legendary—everyone in Mexico knows them! I loved them so much that I devised a special, secret method for eating them to make them last: I'd leave the very last bite to be the one right in the middle of the plate. Now, when I travel back to Mexico from my home in the U.S., I go to Sanborns and order the chicken enchiladas. No matter how much Mexican cuisine evolves, this dish will always remain a beloved classic.

And of course, I've figured out how to make them at home for my husband and three sons. The filling is moist and comforting, and the sauce is tart, savory, and creamy with just enough heat. Covered in cheese, they become irresistible. All these years later, I'm still sad to take the last bite!

Chicken Enchiladas in Salsa Verde

ACTIVE TIME **30 MINUTES**
TOTAL TIME **50 MINUTES**
SERVES **6**

1½	lb. tomatillos, husked, scrubbed, rinsed, and quartered
1	fresh jalapeño, stemmed
1	clove garlic, peeled
⅔	cup chopped white onion, divided
1½	cups coarsely chopped cilantro
1	tsp. kosher salt
1	Tbsp. canola or safflower oil
1	cup heavy cream
12	corn tortillas, warmed
3	cups cooked, shredded chicken, such as rotisserie
1	cup shredded Monterey Jack cheese

PLACE tomatillos, jalapeño, and garlic in a medium saucepan. Cover with water and bring to a boil. Reduce heat to medium and simmer until tomatillos are completely soft but not falling apart, about 10 minutes. Drain, reserving ½ cup cooking water. Reserve pan.

PUREE tomatillo mixture, reserved cooking water, ⅓ cup onion, cilantro, and salt in a blender until smooth.

PREHEAT oven to 400°F. Heat oil in reserved pan over medium. Add tomatillo sauce carefully (it will spatter). Cover partially and cook, stirring occasionally, until sauce thickens and darkens, about 5 minutes. Remove from heat and stir in cream.

POUR about 1½ cups cooked salsa verde into a 13-by-9-inch baking dish. Place 1 warm tortilla on a plate and arrange ¼ cup shredded chicken down middle. Roll up and place, seam side down, in baking dish. Repeat with remaining tortillas and chicken. Pour remaining salsa verde over enchiladas and sprinkle cheese on top. Bake until cheese is melted and lightly browned, 10 to 15 minutes. Top with remaining ⅓ cup chopped onion.

Consider doubling this flavorful recipe and stashing a second pan in the freezer for another day of deliciousness.

Domenica's parents, Gabriella and Frank, in 1958

GABRIELLA'S POT ROAST

Shred any leftover meat, then toss it with pasta and remaining sauce for a speedy second dinner.

FOOD STYLING BY CHELSEA ZIMMER; PROP STYLING BY SARAH ELIZABETH CLEVELAND; LETTERING BY BABETH LAFON; PERSONAL PHOTOGRAPHS COURTESY OF SUBJECTS

The Pot Roast We Named After Mom

DOMENICA MARCHETTI (@DOMENICACOOKS), AUTHOR OF *PRESERVING ITALY* AND SIX OTHER BOOKS ON ITALIAN COOKING

I CAN NO LONGER SEPARATE my childhood memories of this dish from when I started making it for my own family. It seems to have always been part of my life! I do remember that it wasn't something my mom made for company (not fancy enough), but it did qualify for Sunday dinner (it was still special). On Sundays, the house would gradually become more and more fragrant with the perfume of the roast as it gently simmered away in the oven.

I started making the pot roast—we all call it Gabriella's pot roast, after my mother—when my kids were little and I was working on my first cookbook. Not only was it unbelievably good, it was also beyond easy, exactly the sort of recipe a harried parent appreciates. Here's something funny: When my mom read the recipe in print, she insisted her version never contained tomatoes. We would go back and forth about this, and to this day I'm not sure I believe her! Over the years, I've played with my version, cutting the amount of tomato to just a couple of tablespoons of tomato paste, and moving it closer to what I believe her pot roast was.

Sometimes my mother used the sauce from the roast to dress homemade spaghetti alla chitarra (a square-cut noodle from her native Abruzzo, Italy), then sliced and served the meat with the rest of the sauce spooned on top as a secondo, or second course. Other times, we'd have the pot roast with roasted potatoes on the side, or bread for scooping up the sauce. Today, I serve it all these ways to my family and friends.

My mom is very old now and has dementia, so whenever I make this recipe, I'm filled with gratitude for the many years of wonderful aromas that filled her kitchen—and for the love of cooking she passed on to me.

Gabriella's Pot Roast

ACTIVE TIME **40 MINUTES**
TOTAL TIME **2 HOURS, 40 MINUTES**
SERVES **4**

2½	lb. chuck roast, tied
½	tsp. freshly ground black pepper
1½	tsp. kosher salt, divided
2	Tbsp. canola oil
2	Tbsp. olive oil
1	cup finely chopped carrots (from 1 or 2 carrots)
1	cup finely chopped celery (from 2 ribs celery)
1	yellow onion, chopped
1	clove garlic, lightly smashed
2	bay leaves
4	sprigs thyme
2	Tbsp. tomato paste
1	cup dry white wine
	Parsley leaves, for serving

PREHEAT oven to 325°F. Season beef with pepper and 1 teaspoon salt.

HEAT canola oil in a heavy-bottomed, ovenproof pot over medium-high. Add beef and brown, flipping once, until well-seared, about 4 minutes per side. Transfer to a plate.

REDUCE heat to medium-low and add olive oil. Stir in carrots, celery, and onion, then add garlic, bay leaves, thyme, and remaining ½ teaspoon salt. Cook, stirring often, until vegetables are softened but not browned, 7 to 8 minutes. Stir in tomato paste and cook for 1 minute.

INCREASE heat to medium-high and pour in wine. Let bubble until slightly reduced, 1 to 2 minutes. Stir in 1 cup water. Return beef to pot, along with any juices on plate. Bring to a simmer, cover, and place in oven. Roast beef, turning every 30 minutes, until fork-tender, about 2 hours.

TRANSFER roast to a cutting board. Place pot over medium-high and let simmer for 5 minutes to slightly thicken sauce. Discard bay leaves and thyme. Coarsely mash vegetables with a potato masher.

SLICE roast and transfer to a serving platter. Spoon sauce on top, sprinkle with parsley, and serve.

Tempting Tempura from My Nashville Childhood

CARLA HALL (@CARLAPHALL), CELEBRITY CHEF AND AUTHOR

MY PARENTS GOT DIVORCED WHEN I WAS 7, and though my father was the better cook, my mother was the main cook, preparing our daily meals. Like most moms, she was always trying to find creative ways to get us to eat our vegetables. She'd push peas and carrots into mashed potatoes or pour cheese sauce over broccoli. This recipe—a foolproof way to make vegetables irresistible—reminds me of her efforts. And the fact that the veggies are deep-fried takes me back to one of my favorite places to eat as a kid in Nashville. Some Friday nights, as a treat, we'd go to Church's Chicken, where I would absolutely devour the tempura-fried pineapple!

I always say, "If you're not in a good mood, the only thing to make is a reservation." It's an honor to cook and share food with our people. This recipe may be a labor of love, but be sure to put the emphasis on the love.

Tempura Vegetables with Lemon-Soy Dipping Sauce

ACTIVE TIME **45 MINUTES**
TOTAL TIME **45 MINUTES**
SERVES **6**

1 qt. vegetable oil
6 Tbsp. soy sauce
¼ cup lemon juice
2 Tbsp. apple cider vinegar
2 Tbsp. olive oil
2 Tbsp. granulated sugar
½ tsp. dried tarragon
1 scallion, chopped
1¼ cups all-purpose flour (plus more if necessary), divided
¼ cup cornstarch
1 tsp. kosher salt, divided
1 large egg
1 cup cold sparkling water (plus more if necessary)
1 8.8-oz. package precooked beets, sliced into ½-in. rounds and patted dry
1 red onion, cut into ½-in. wedges
1 sweet potato, peeled and sliced into ¼-in. rounds
1½ cups broccoli florets

PREHEAT oven to 200°F. Heat vegetable oil to 360°F in a large, deep skillet or pot over medium-high.

A candy thermometer clipped inside the pot makes deep-frying easier. Just adjust the burner to keep the oil at 360°F.

WHISK ⅔ cup water, soy sauce, lemon juice, apple cider vinegar, olive oil, sugar, and tarragon in a small bowl. Stir in scallion. Set aside.

COMBINE ¼ cup flour, cornstarch, and ½ teaspoon salt in a shallow bowl or plate.

BREAK up egg gently with chopsticks or a spoon in a medium bowl. Add cold sparkling water and stir to combine. Gently stir in remaining 1 cup flour and ½ teaspoon salt. (Do not overmix; batter will be slightly lumpy.)

USING chopsticks or tongs, dip vegetables, 1 at a time, in cornstarch mixture, then shake off lightly and dip in egg mixture. Drop pieces into hot oil, adding no more than 5 or 6 at a time so oil temperature doesn't lower too much (you'll get a crispier result). Let vegetables cook, carefully flipping halfway through, until crispy and light golden, 3 to 4 minutes. After every other batch, check batter consistency; you may need to add about 1 tablespoon flour and 1 tablespoon cold sparkling water to get batter back to original consistency.

REMOVE fried vegetables with a slotted spoon or spider; drain on a rimmed baking sheet lined with paper towels. Place in oven to keep warm while repeating frying process with remaining vegetables. Serve hot with lemon-soy dipping sauce.

Deep-frying is a special occasion. But trust us: Your family and guests will be highly appreciative.

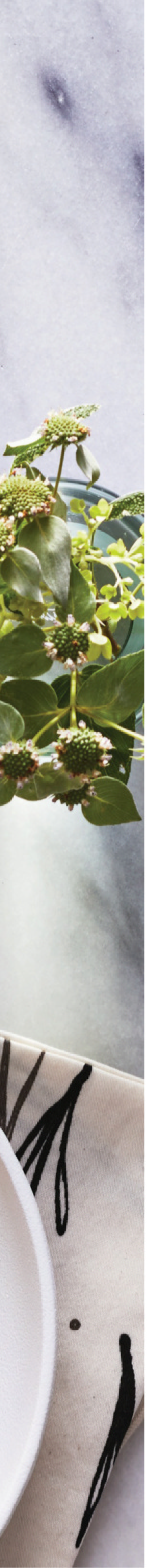
TEMPURA VEGETABLES WITH LEMON-SOY DIPPING SAUCE

Carla with her mother, Audrey, in 2019

These crispy noodles are easily adaptable. Use chopped broccoli or snow peas in addition to (or in place of) the peppers.

CURRY RICE VERMICELLI

Hetty's mother, Lindy Lui, cooking in Sydney, around 1976



The Silkiest Noodles in Sydney

HETTY LUI McKINNON (@HETTYMCKINNON), FOOD WRITER AND AUTHOR OF *FAMILY: NEW VEGETARIAN COMFORT FOOD TO NOURISH EVERY DAY*

WHEN I WAS GROWING UP, Saturdays were all about feasting on my mother's noodles for lunch. She'd whip up several of her signature big-flavored Cantonese noodle dishes—seafood chow mein, beef chow fun, soy sauce egg noodles—along with a platter of fried rice, and we'd gather around the table for the only lunch of the week we shared together at home. (Sunday lunch was usually dim sum in Sydney's Chinatown.)

My mother's curry rice vermicelli was a staple, a dish she never failed to declare to be "silkier" than what we'd find at restaurants. It is well-known that Chinese mothers often chase compliments for their own cooking around the dining table. But her declaration was true. Her secret, she told me, was briefly cooking the curry powder in oil before adding the noodles. Usually, dry curry was added straight to the noodles, which made them "grainy." My mother always shared her clever cooking tips, which now play on a loop in my head when I'm in the kitchen.

Her curry rice vermicelli is very similar to what's known as Singapore noodles. Despite its name, the dish is believed to be of Cantonese origin and is served at Chinese restaurants. I'm still not sure where she learned to cook this dish, but it was likely a recipe she picked up while living in Hong Kong with her aunts during her early 20s.

As a traditional Chinese grandmother, my mother has always played a big role in feeding my children. She started making this dish for my kids when they were very young. When we were still living in Sydney, she'd visit at least twice a week. In her bag, among the chocolates and candy, there'd often be a Tupperware container of curry rice vermicelli. My youngest son, Huck, loved this dish so much as a baby that my mother made a huge platter of it (along with dumplings and char siu baos) for his first birthday.

Today, the dish is a family staple as a quick weeknight dinner. Since we now live in New York, halfway across the world from my mother, cooking these noodles is incredibly nostalgic, reminding me of how my mother nurtured us through food. In Chinese culture, food is a way for elders to express love for their children and grandchildren. This was definitely the case for my mother.

Curry Rice Vermicelli

ACTIVE TIME **25 MINUTES**
TOTAL TIME **25 MINUTES**
SERVES **4**

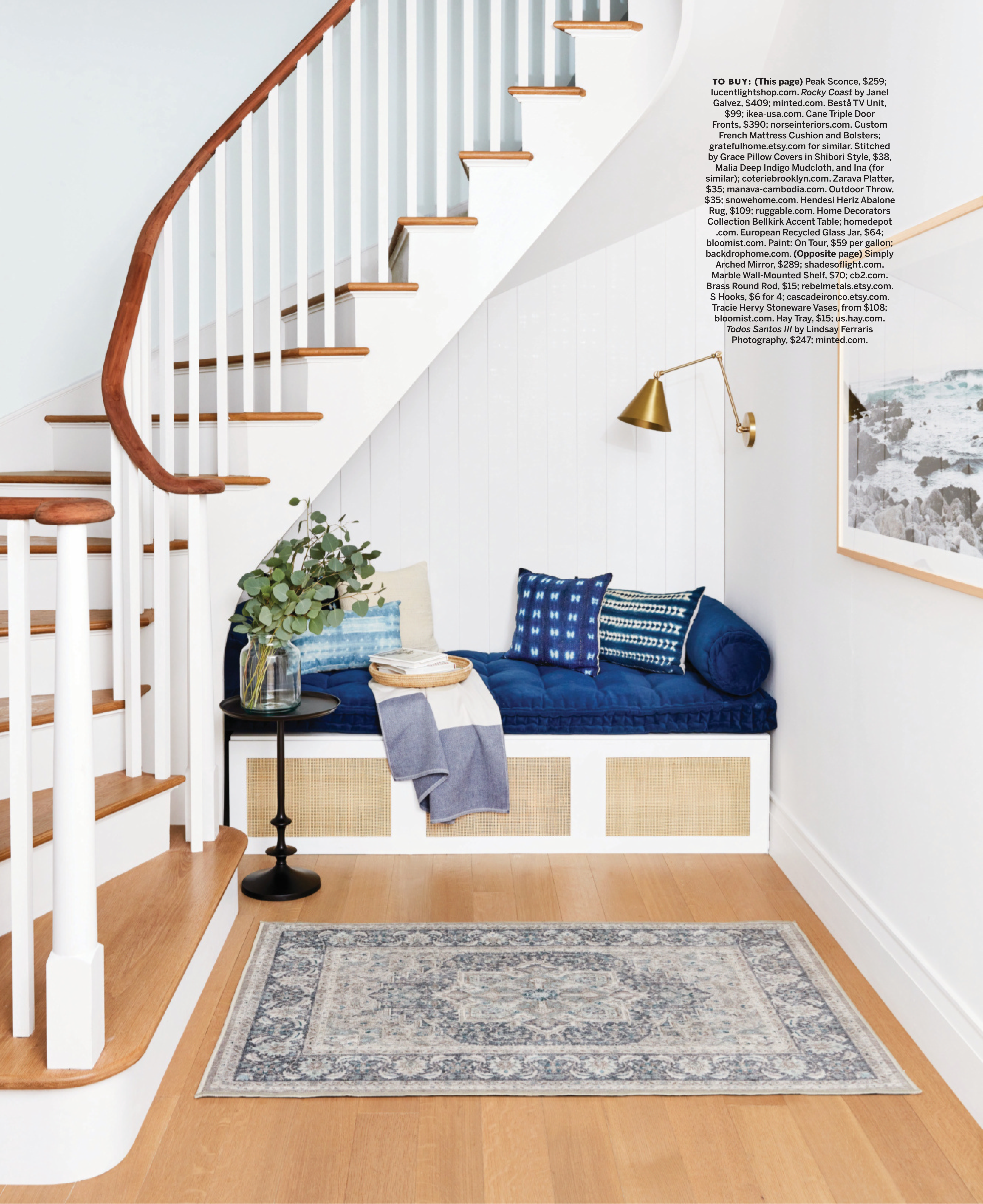
8	oz. rice vermicelli
3	eggs
1½	tsp. kosher salt, divided
6	Tbsp. plus 2 tsp. canola oil, divided
1	red onion, thinly sliced
1	clove garlic, finely chopped
1	red bell pepper, cut into thin strips
1	orange or yellow bell pepper, cut into thin strips
2	Tbsp. curry powder
3	scallions, thinly sliced, plus more for serving (optional)
	Sriracha or sambal oelek, for serving (optional)

COOK or soak noodles according to package directions for al dente. Drain.

COMBINE eggs, 1 tablespoon water, and ¼ teaspoon salt in a small bowl; whisk well. Heat 2 teaspoons oil in a large cast-iron skillet or wok over medium-high. Pour in egg mixture and scramble until just set, 30 seconds to 1 minute. Break up eggs with a spoon and remove from pan; set aside.

HEAT 1 tablespoon oil in same pan. Add onion and ¼ teaspoon salt; cook for 2 minutes. Add garlic and bell peppers; stir-fry until vegetables are softened, 3 to 4 minutes. Remove from pan.

HEAT 3 tablespoons oil in pan. Add curry powder and ½ teaspoon salt. Cook, stirring, until fragrant, about 30 seconds. Add cooked noodles in 2 batches, along with remaining 2 tablespoons oil and ½ teaspoon salt. (Toss first batch of noodles well, coating them thoroughly in curry, before adding second batch.) Let noodles crisp up here and there on bottom of pan for about 3 minutes. Return peppers and eggs to pan and toss. Remove from heat and add scallions. Serve topped with more scallions and hot sauce, if desired.



TO BUY: (This page) Peak Sconce, $259; lucentlightshop.com. *Rocky Coast* by Janel Galvez, $409; minted.com. Bestå TV Unit, $99; ikea-usa.com. Cane Triple Door Fronts, $390; norseinteriors.com. Custom French Mattress Cushion and Bolsters; gratefulhome.etsy.com for similar. Stitched by Grace Pillow Covers in Shibori Style, $38, Malia Deep Indigo Mudcloth, and Ina (for similar); coteriebrooklyn.com. Zarava Platter, $35; manava-cambodia.com. Outdoor Throw, $35; snowehome.com. Hendesi Heriz Abalone Rug, $109; ruggable.com. Home Decorators Collection Bellkirk Accent Table; homedepot.com. European Recycled Glass Jar, $64; bloomist.com. Paint: On Tour, $59 per gallon; backdrophome.com. **(Opposite page)** Simply Arched Mirror, $289; shadesoflight.com. Marble Wall-Mounted Shelf, $70; cb2.com. Brass Round Rod, $15; rebelmetals.etsy.com. S Hooks, $6 for 4; cascadeironco.etsy.com. Tracie Hervy Stoneware Vases, from $108; bloomist.com. Hay Tray, $15; us.hay.com. *Todos Santos III* by Lindsay Ferraris Photography, $247; minted.com.

PROP STYLING BY SARAH SMART; FLORAL STYLING BY LIVIA CETTI FOR THE GREEN VASE

MAKE YOURSELF COMFORTABLE

As we spent so much time sheltering in place this year, many of us discovered just how important our spaces can be. For our third annual REAL SIMPLE HOME, we partnered with a roster of talented designers and organizers to share ideas for making every area inviting, calming, and ultra-functional.

BY LESLIE CORONA AND STEPHANIE SISCO

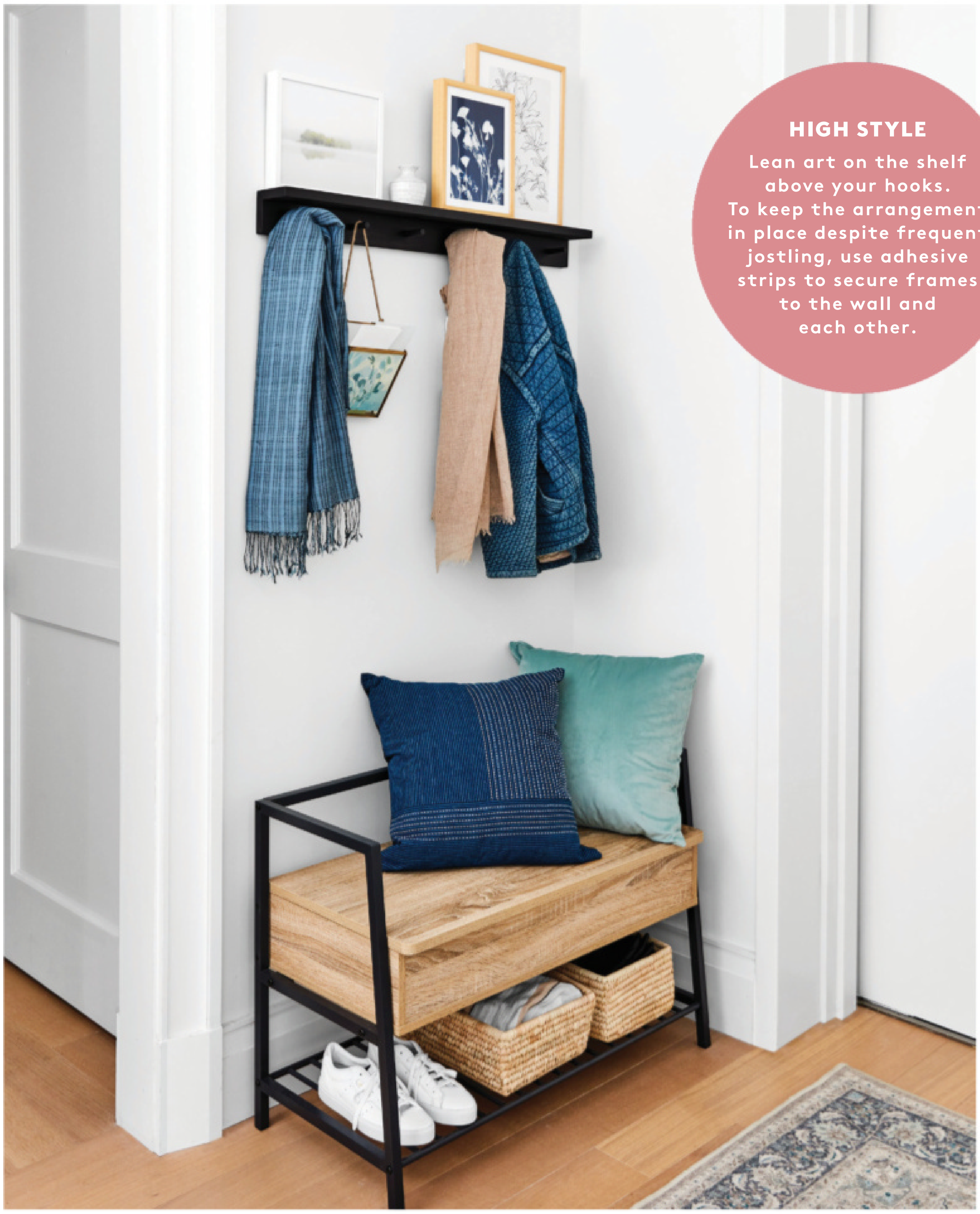
PHOTOGRAPHS BY CHRISTOPHER TESTANI

ENTRYWAY

This area sets the tone for your entire home, so you want it to feel welcoming. But it also needs to be outfitted with everything you might need as you head out the door.

BIG IDEA

Transform the dead space under the stairs into a semicustom "book nook" (opening page). Katie topped two inexpensive TV consoles with a made-to-order cushion, and she added cane fronts to store off-season accessories out of sight. Stick-on panels imitate shiplap on the back wall.



HIGH STYLE

Lean art on the shelf above your hooks. To keep the arrangement in place despite frequent jostling, use adhesive strips to secure frames to the wall and each other.

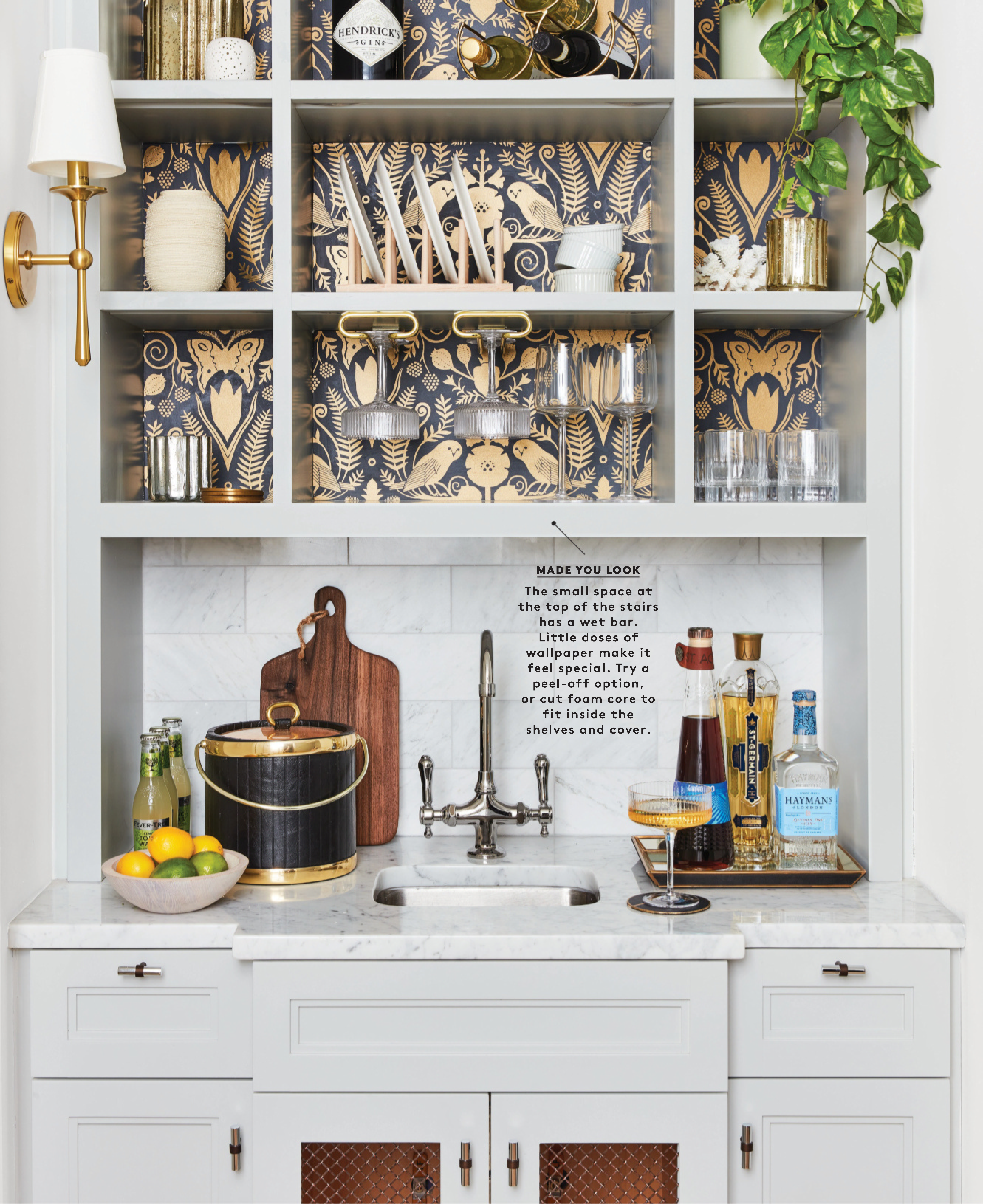
Katie Holdefehr

@katieholdefehr

"The entryway is one of the most hardworking spots in your home these days, so it's important to start with a smart setup. Designating a place for everything—shoes, keys, masks, sanitizer—will eliminate friction in your day."

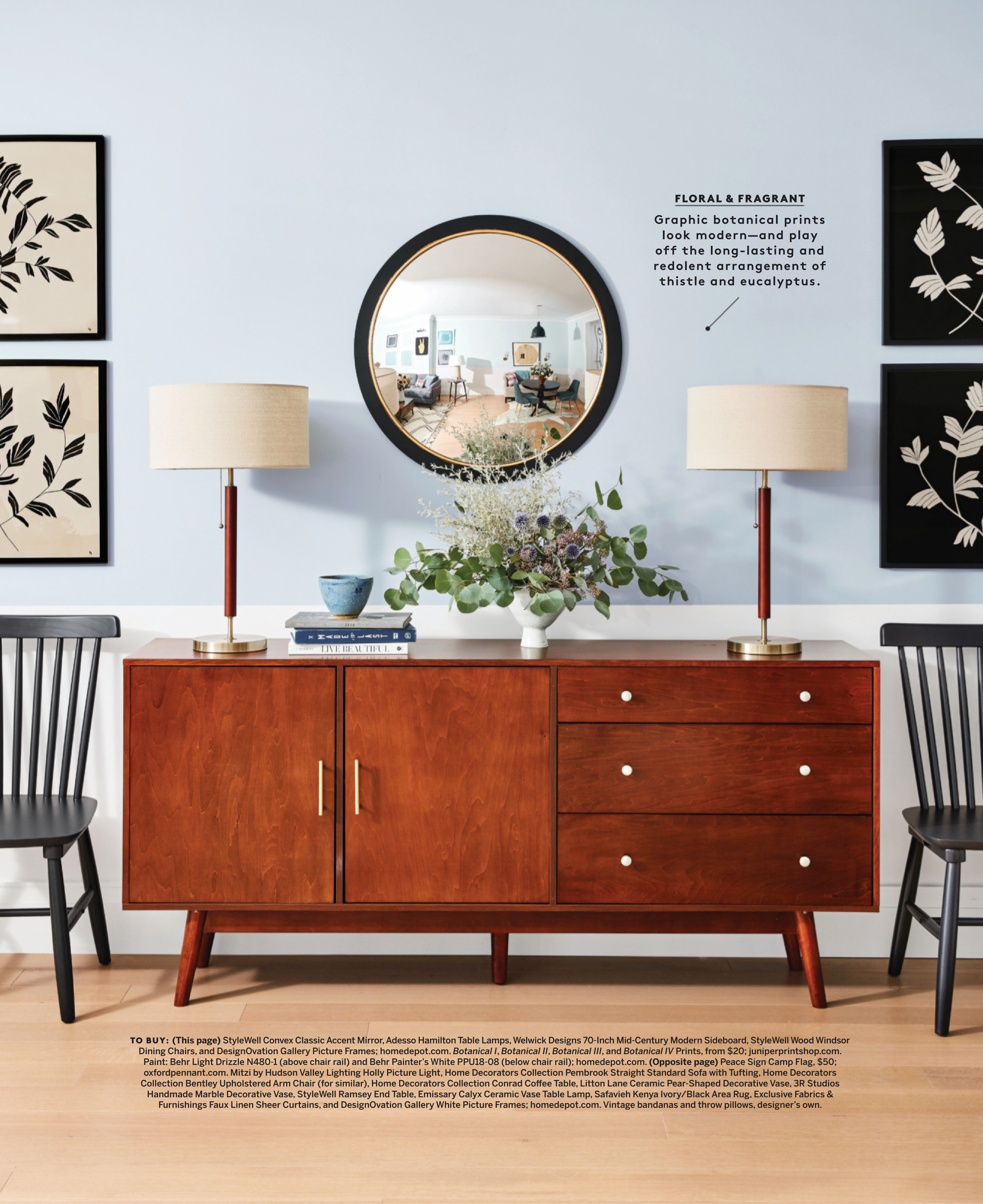
TO BUY: (This page) Wooden Peg Rail with Shelf; henryelle.etsy.com for similar. Kirby Storage Bench, $179; urbanoutfitters.com. *The Island* by S.L. Bird, $53, *Eschscholzia Californica* by Raven Erebus, $53, and *Magnolia Study* by Qing Ji, $89; minted.com. Seminyak Vase, $22; homebybe.com. Hanging Pocket Frame, $34; anthropologie.com. Kasa Sashiko Pillow, $175; the-citizenry.com. The Only Trybe Velvet Throw Pillow Cover; coteriebrooklyn.com for similar. Hand-Woven Palm Leaf Baskets, $13 each; containerstore.com. **(Opposite page)** Barn Owls and Hollyhocks Wallpaper by Carson Ellis, $200 per roll; jujupapers.com. Hudson Valley Islip Wall Sconce, $232; lampsplus.com. Brass Wine Rack, $38; anthropologie.com. Faux Pothos in Hyde Planter, $87; thesill.com. Rough Vase, $68; pillarhomegoods.com. Maple Rack, $8; containerstore.com. Crisp Matte White Salad Plates, $6 each, Float Coupe Cocktail Glasses, $9 each, Juliet White Wine Glasses, $13 each, and Suave Double Old-Fashioned Glasses, $7 each; cb2.com. Rev-A-Shelf Under Cabinet Wine Glass Holders; homedepot.com. Some alcohol provided by Hendrick's Gin.

HEADSHOT COURTESY OF KATIE HOLDEFEHR



MADE YOU LOOK

The small space at the top of the stairs has a wet bar. Little doses of wallpaper make it feel special. Try a peel-off option, or cut foam core to fit inside the shelves and cover.



FLORAL & FRAGRANT

Graphic botanical prints look modern—and play off the long-lasting and redolent arrangement of thistle and eucalyptus.

TO BUY: (This page) StyleWell Convex Classic Accent Mirror, Adesso Hamilton Table Lamps, Welwick Designs 70-Inch Mid-Century Modern Sideboard, StyleWell Wood Windsor Dining Chairs, and DesignOvation Gallery Picture Frames; homedepot.com. *Botanical I*, *Botanical II*, *Botanical III*, and *Botanical IV* Prints, from $20; juniperprintshop.com. Paint: Behr Light Drizzle N480-1 (above chair rail) and Behr Painter's White PPU18-08 (below chair rail); homedepot.com. **(Opposite page)** Peace Sign Camp Flag, $50; oxfordpennant.com. Mitzi by Hudson Valley Lighting Holly Picture Light, Home Decorators Collection Pembrook Straight Standard Sofa with Tufting, Home Decorators Collection Bentley Upholstered Arm Chair (for similar), Home Decorators Collection Conrad Coffee Table, Litton Lane Ceramic Pear-Shaped Decorative Vase, 3R Studios Handmade Marble Decorative Vase, StyleWell Ramsey End Table, Emissary Calyx Ceramic Vase Table Lamp, Safavieh Kenya Ivory/Black Area Rug, Exclusive Fabrics & Furnishings Faux Linen Sheer Curtains, and DesignOvation Gallery White Picture Frames; homedepot.com. Vintage bandanas and throw pillows, designer's own.

LIVING ROOM

Create vignettes throughout an open-concept space to define zones. Warm woods and shades of blue connect each zone without being too matchy-matchy.

BIG IDEA

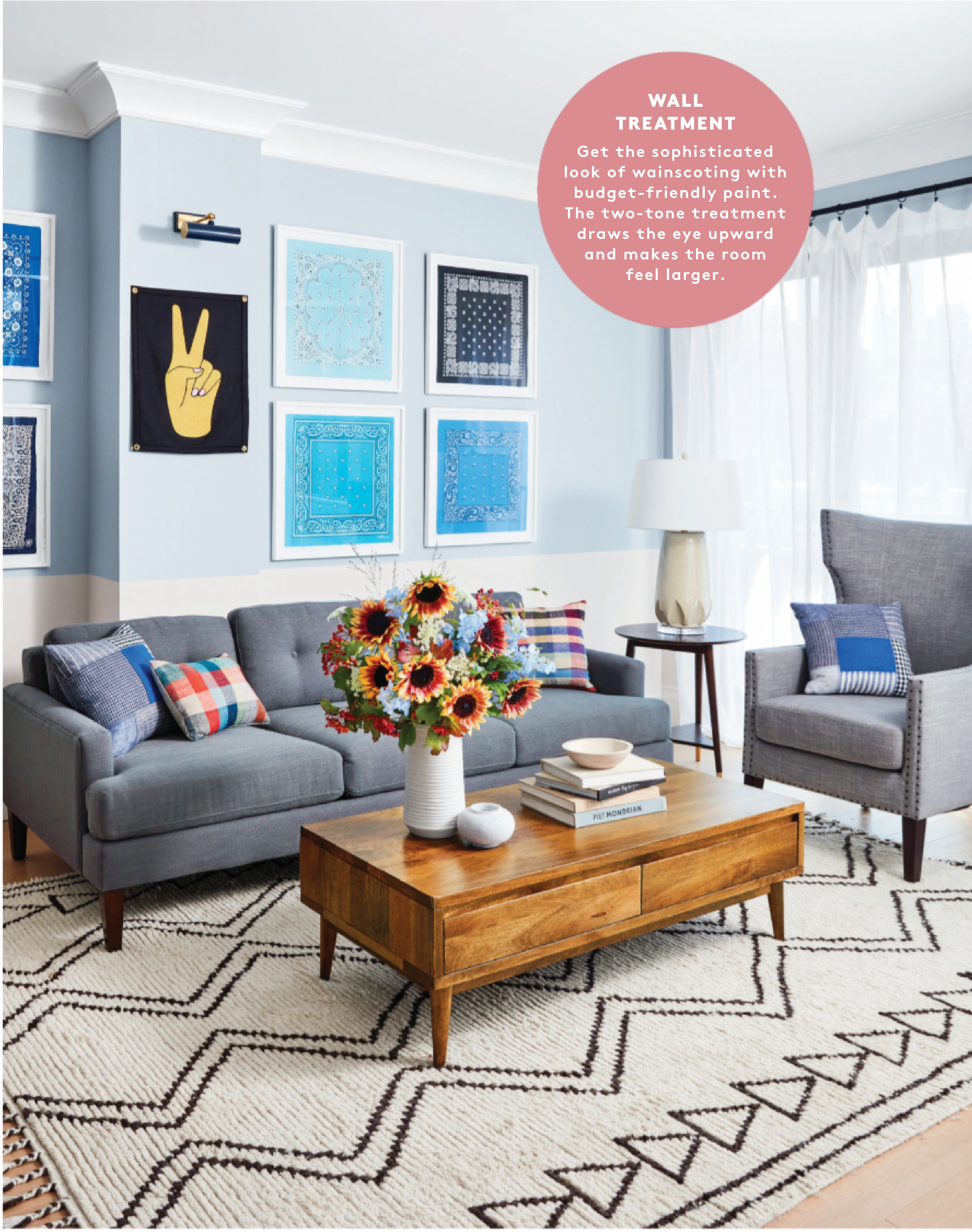
Think beyond the traditional gallery wall and consider framing textiles, like bandanas or cherished vintage wardrobe pieces. Play within a particular palette, and tack up the contenders before committing to framing and hanging.

HEADSHOT COURTESY OF MATT SARTIAN

Max Humphrey

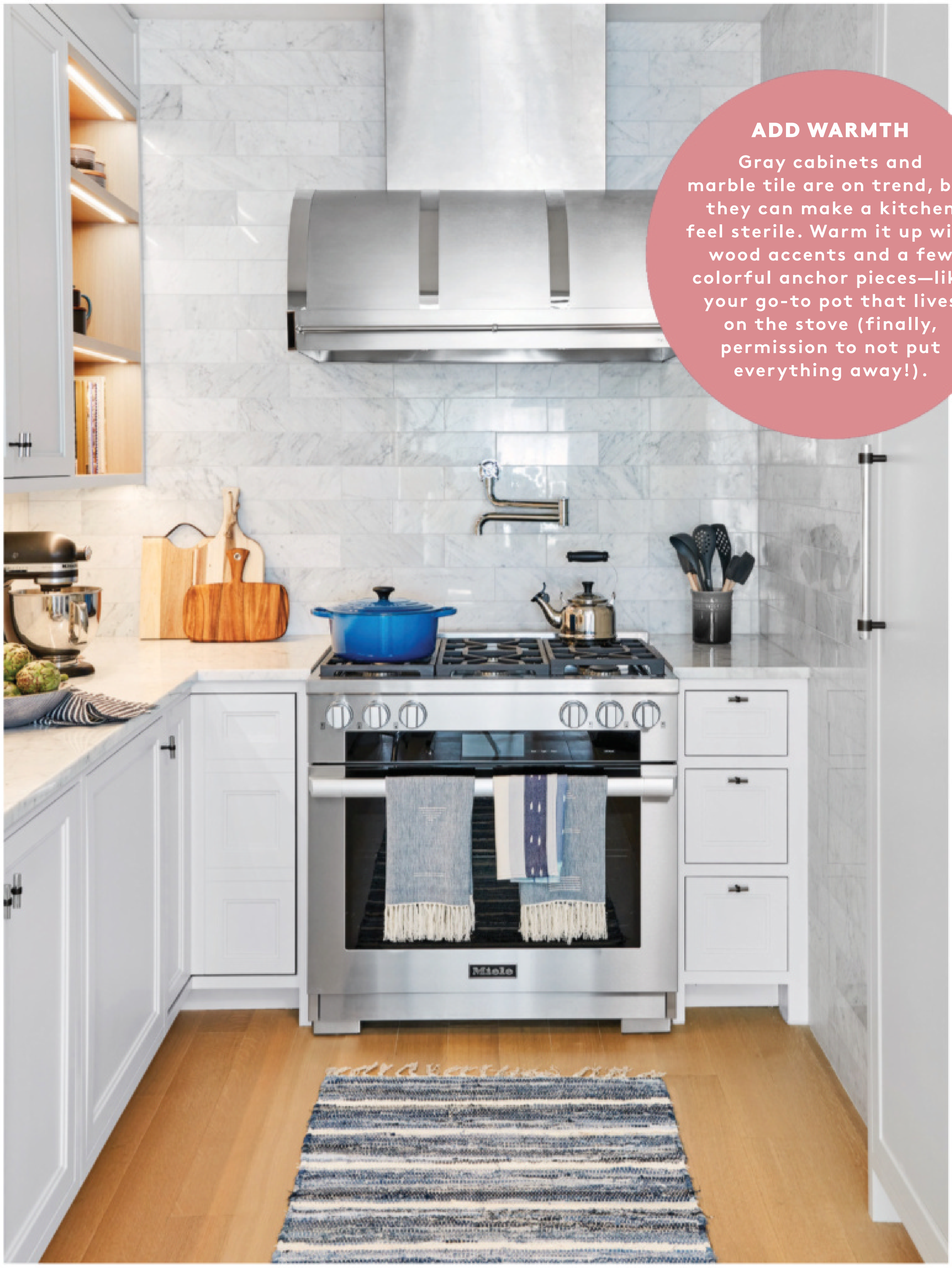
@maxwhumphrey

"I like when symmetry doesn't look intentional—it feels looser and more organic," Max says. Rather than styling one side of a space to be the mirror image of the other, add variety with a different accent color or unexpected twist, as Max did here with the throw pillows.



WALL TREATMENT

Get the sophisticated look of wainscoting with budget-friendly paint. The two-tone treatment draws the eye upward and makes the room feel larger.



ADD WARMTH

Gray cabinets and marble tile are on trend, but they can make a kitchen feel sterile. Warm it up with wood accents and a few colorful anchor pieces—like your go-to pot that lives on the stove (finally, permission to not put everything away!).

KITCHEN & DINING AREA

Hits of indigo and plaid give these workhorse spaces a laid-back vibe.

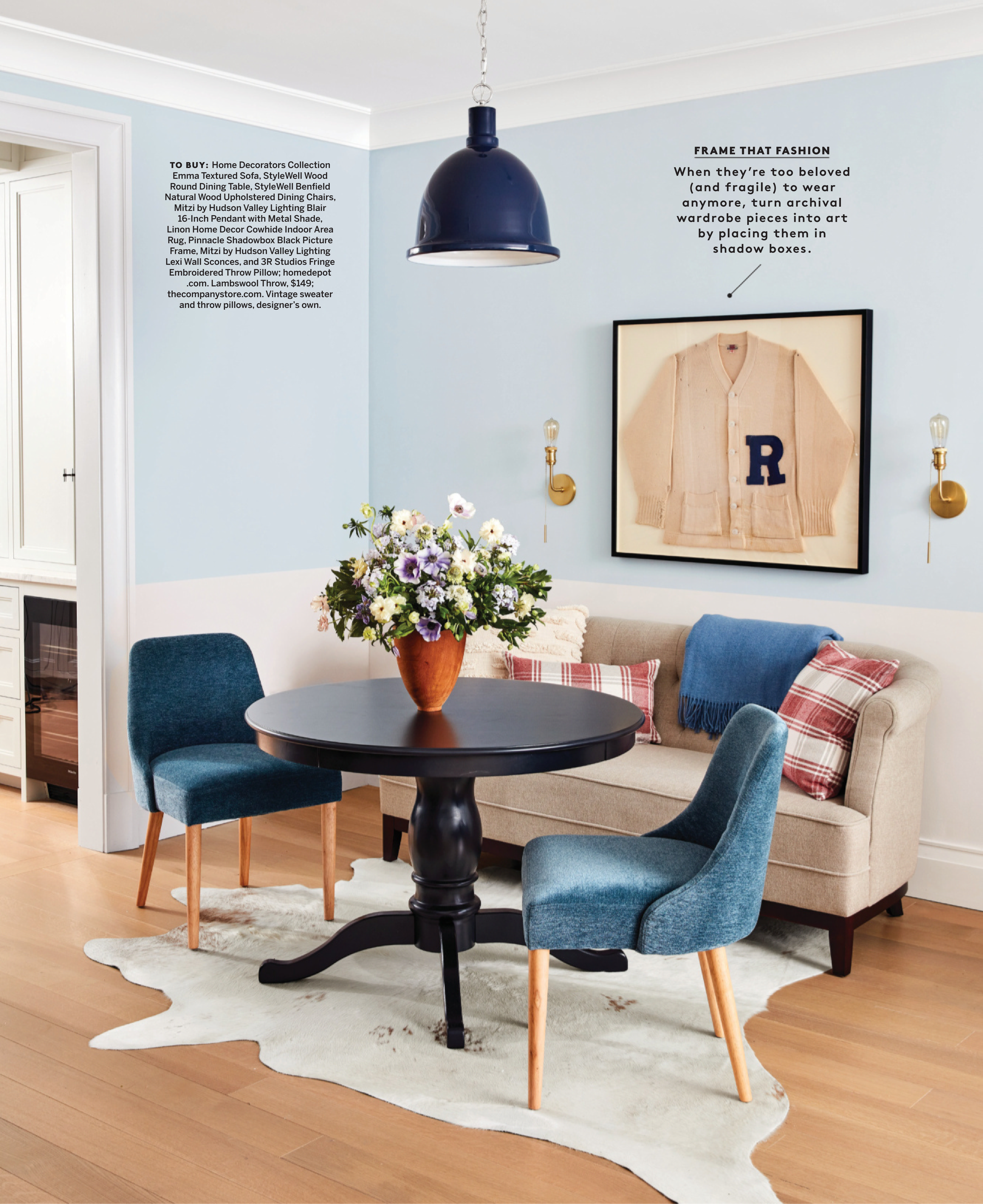
BIG IDEA

Thanksgiving is exactly one meal a year, so don't design your dining room around it. Instead, go with a setup that works 24/7—as a breakfast nook, homework spot, or (in a pinch) home office. Use a settee for the comfiest seating and a round table that's easy to scoot behind.

LIGHT TOUCHES

A multipurpose space should have several light sources, ideally with dimmers on all. If someone is working at the table, the pendant fixture provides focused light—without creating a glare for anyone watching TV on the sofa.

TO BUY: Denim Rag Stripe Woven Cotton Runner, $168; annieselke.com. Shapes Towels, $28 each, and Ikat Towel (for similar); minna-goods.com. Craft Series Utensil Set, $73, Round Dutch Oven, $400, Stainless Steel Demi Kettle, $100, and Storage Canisters (for similar); lecreuset.com. Oster Everwood Kitchen Nylon Tools, Picnic Time Artisan Acacia Serving Board, Casa Bellante Acacia Cutting Board with Leather Handle, and Small Rectangle Paddleboard; homedepot.com. Artisan Series 5 Quart Tilt-Head Stand Mixer, $380; kitchenaid.com. Bakers Stripe Dishtowel, $15; unisonhome.com.



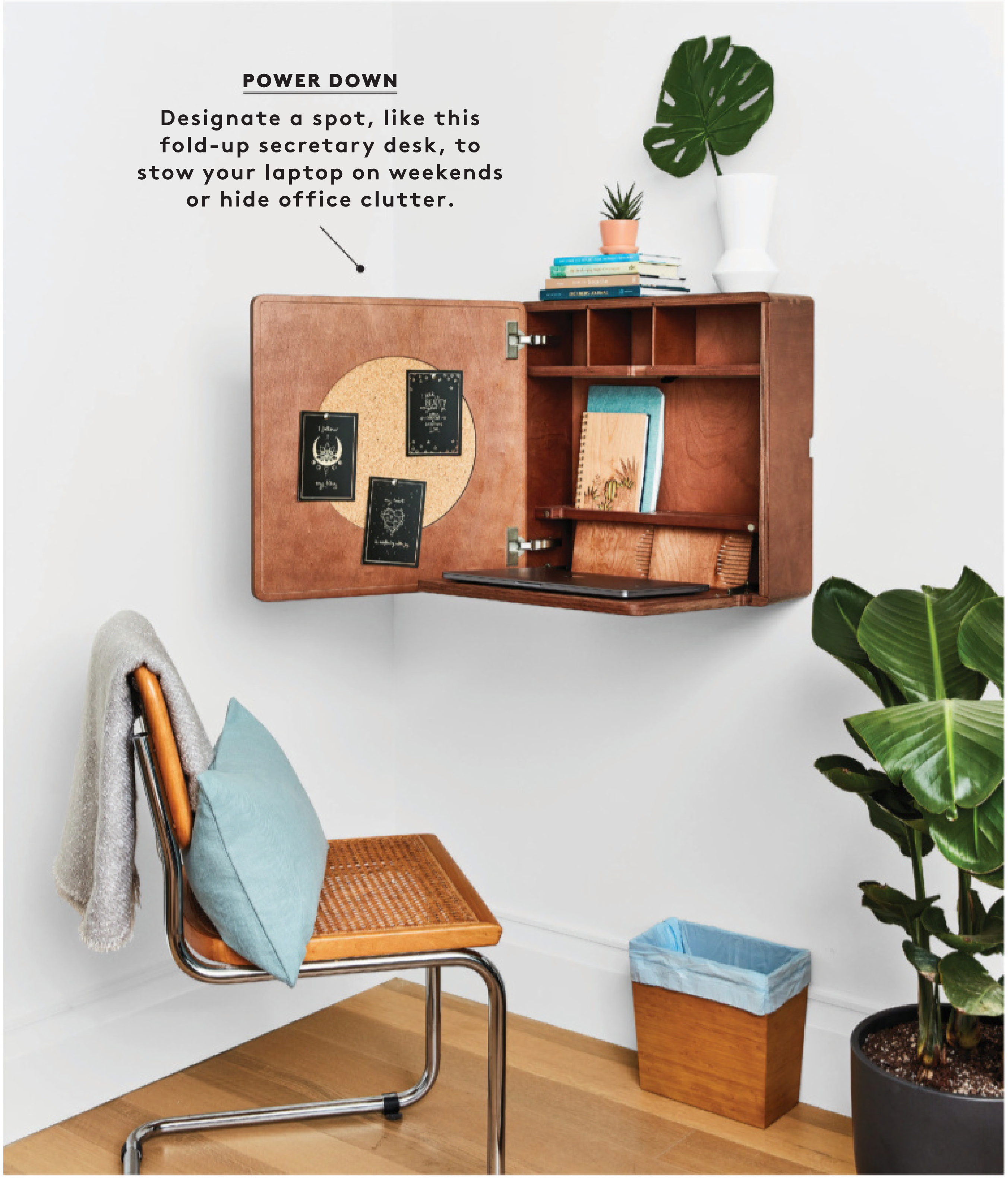
TO BUY: Home Decorators Collection Emma Textured Sofa, StyleWell Wood Round Dining Table, StyleWell Benfield Natural Wood Upholstered Dining Chairs, Mitzi by Hudson Valley Lighting Blair 16-Inch Pendant with Metal Shade, Linon Home Decor Cowhide Indoor Area Rug, Pinnacle Shadowbox Black Picture Frame, Mitzi by Hudson Valley Lighting Lexi Wall Sconces, and 3R Studios Fringe Embroidered Throw Pillow; homedepot.com. Lambswool Throw, $149; thecompanystore.com. Vintage sweater and throw pillows, designer's own.

FRAME THAT FASHION

When they're too beloved (and fragile) to wear anymore, turn archival wardrobe pieces into art by placing them in shadow boxes.

HOME OFFICE

If you have space to spare (whether it's a whole room or just a comfy corner), make it your sanctuary—an area where you can reflect and relax...and work, if you must.



POWER DOWN

Designate a spot, like this fold-up secretary desk, to stow your laptop on weekends or hide office clutter.

BIG IDEA

There's a reason spas use shades of blue and green—these soothing colors can calm the mind, whereas intense hues, like reds and oranges, are more stimulating. The teal sofa adds vibrancy and character without overwhelming the space.

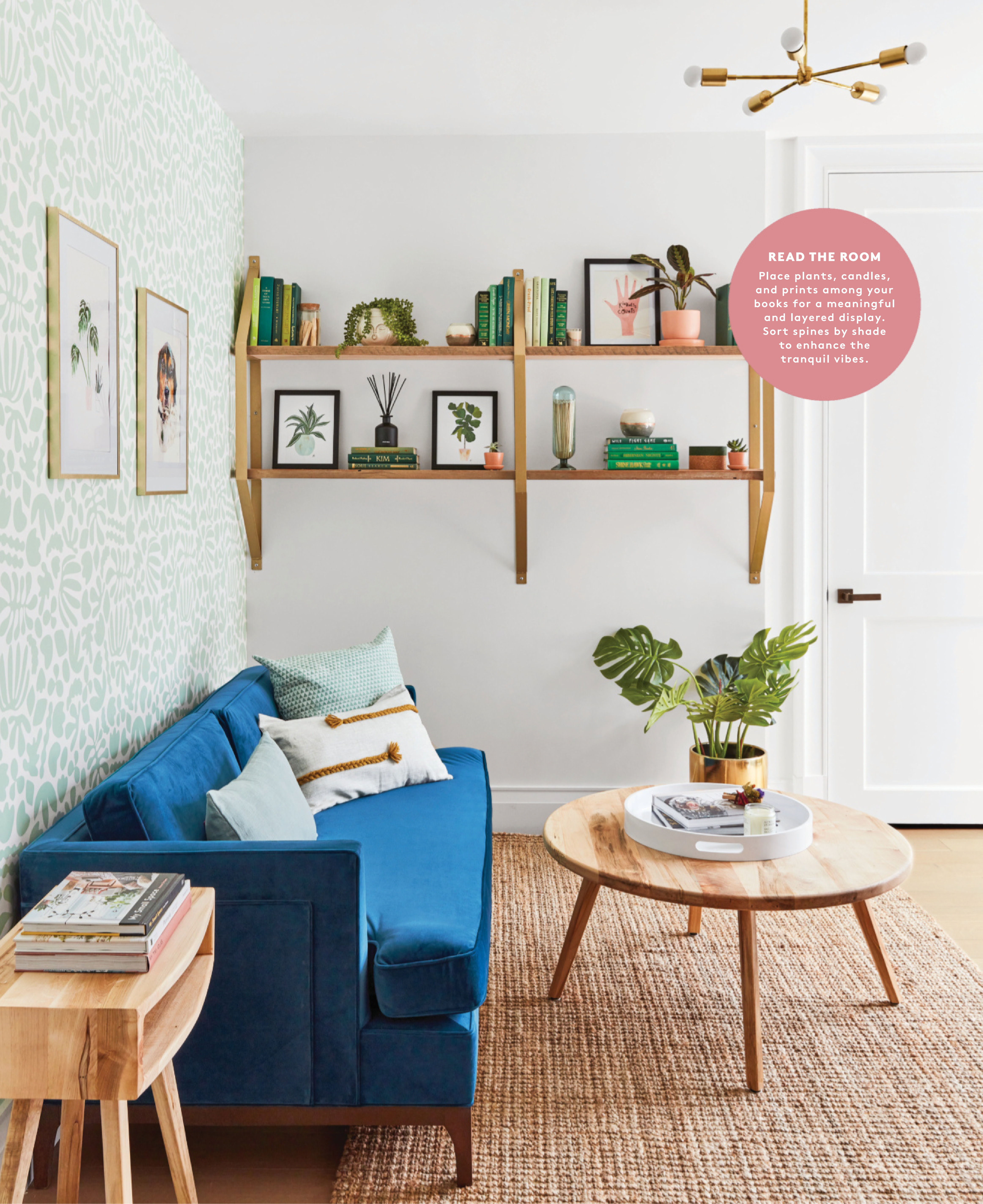
Dayna Isom Johnson

@daynaisomjohnson

"I always try to incorporate meaningful items that tell a story, whether it's a custom portrait of a pet or a framed family photo. Working with Etsy makers opens the door to create something truly one-of-a-kind."

HEADSHOT COURTESY OF RICKY RESTIANO

TO BUY: (This page) Wall Mounted Laptop Desk, $339; karvdwalls.etsy.com. 16-Inch MacBook Pro, from $2,399; apple.com. Affirmation Card Deck, $52; dreamymoons.etsy.com. Vintage Marcel Breuer Style Chair; portlandrevibe.etsy.com for similar. Woolen Throw Blanket, $119; stabo.etsy.com. Linen Lumbar Pillow Cover, $44; designsix5.etsy.com. Large Bird of Paradise; thesill.com for similar. **(Opposite page)** Custom Mid Century Style Loveseat, $1,200; thehuntvintagela.etsy.com. Textured Throw Pillow Cover in Beige-Mustard, $66; linenandstripes.etsy.com. Linen Triangle Study Throw Pillow Cover, $42; juliepeach.etsy.com. Muse Removable Wallpaper, from $25 per roll; katezarembacompany.etsy.com. Custom Watercolor Pet Portrait, $145; coconuttowers.etsy.com. Illustrated Pot Plant Art Print, $35; thelovelydrawer.etsy.com. Scandinavian End Table, $400 for 2, and Round Scandinavian Coffee Table, $525; craftedglorydesign.etsy.com. Houston Chandelier, from $157; illuminatevintage.etsy.com. Indoor Ceramic Planter in Gold, from $42; peachnpebble.etsy.com. Custom Floating Geometric Wall Shelf, $375; kagedesignstudio.etsy.com. 50 Shades of Green Decorative Books; blackoctopusbooks.etsy.com for similar. Concrete Candles, from $30; perpetualblissco.etsy.com. Helki Fern Cork Planter, $44; mindthecork.etsy.com. Maranta in Grant Planter, $37, and Potted Succulent Assortment in Ezra Planters, $75; thesill.com. Anecdote Candle, $28, Oops! Reversal Ritual Kit, $30, Skeem Cloche Candle, $60, Apotheke Reed Diffuser, $50, and Hand and Botanical Prints (for similar); blueribbongeneralstore.com.

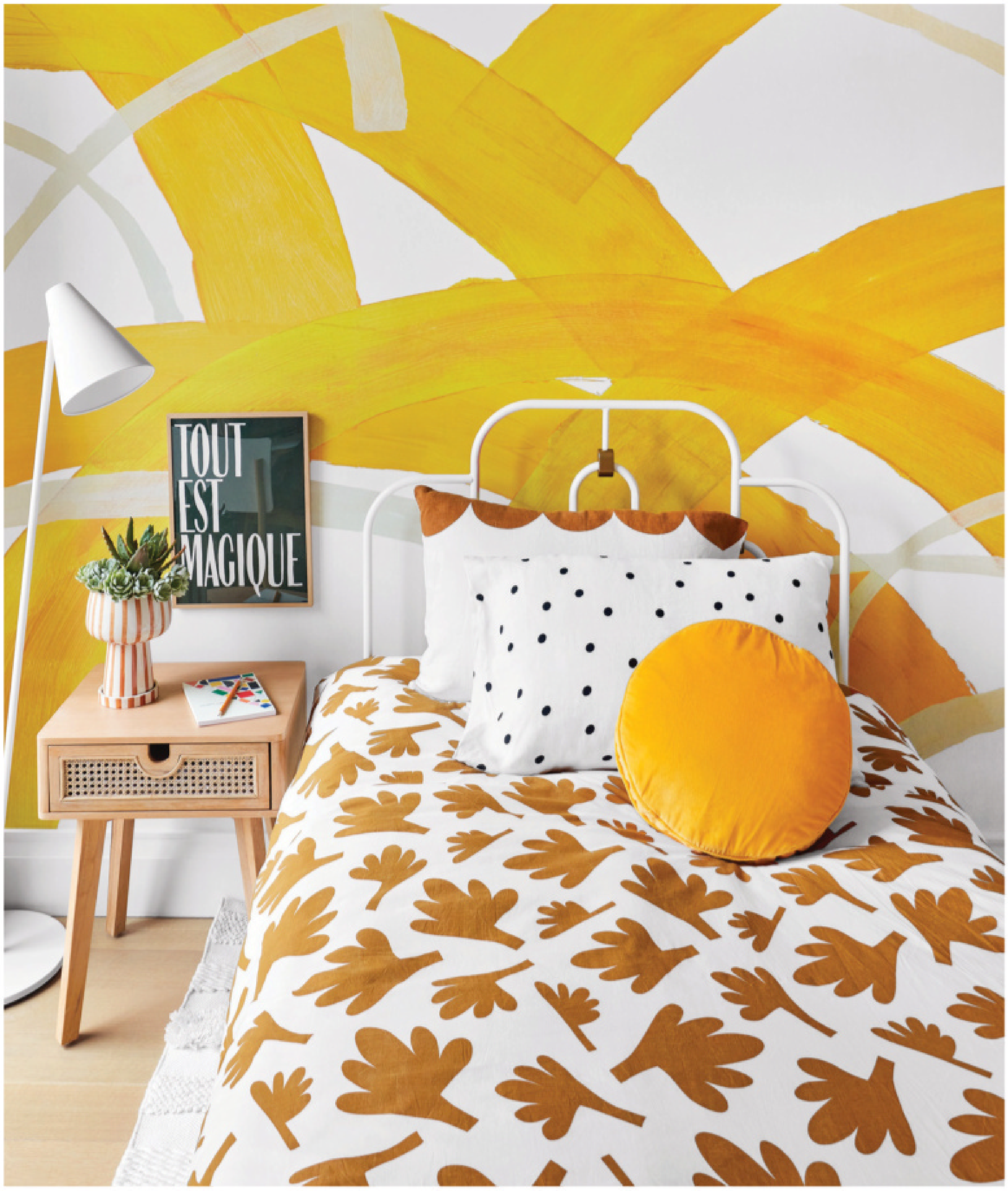


READ THE ROOM

Place plants, candles, and prints among your books for a meaningful and layered display. Sort spines by shade to enhance the tranquil vibes.

TWEEN'S ROOM

As kids go from toy kitchens to texting, their space should adapt to new stages. Yellow is youthful, and gold hues will keep the room from feeling "ugh, so babyish, Mom" two years (or minutes) from now.



BIG IDEA

A graphic, easy-to-apply mural packs a colorful punch—without the need for paintbrushes and drop cloths. Limiting it to just one wall prevents it from overwhelming the space.

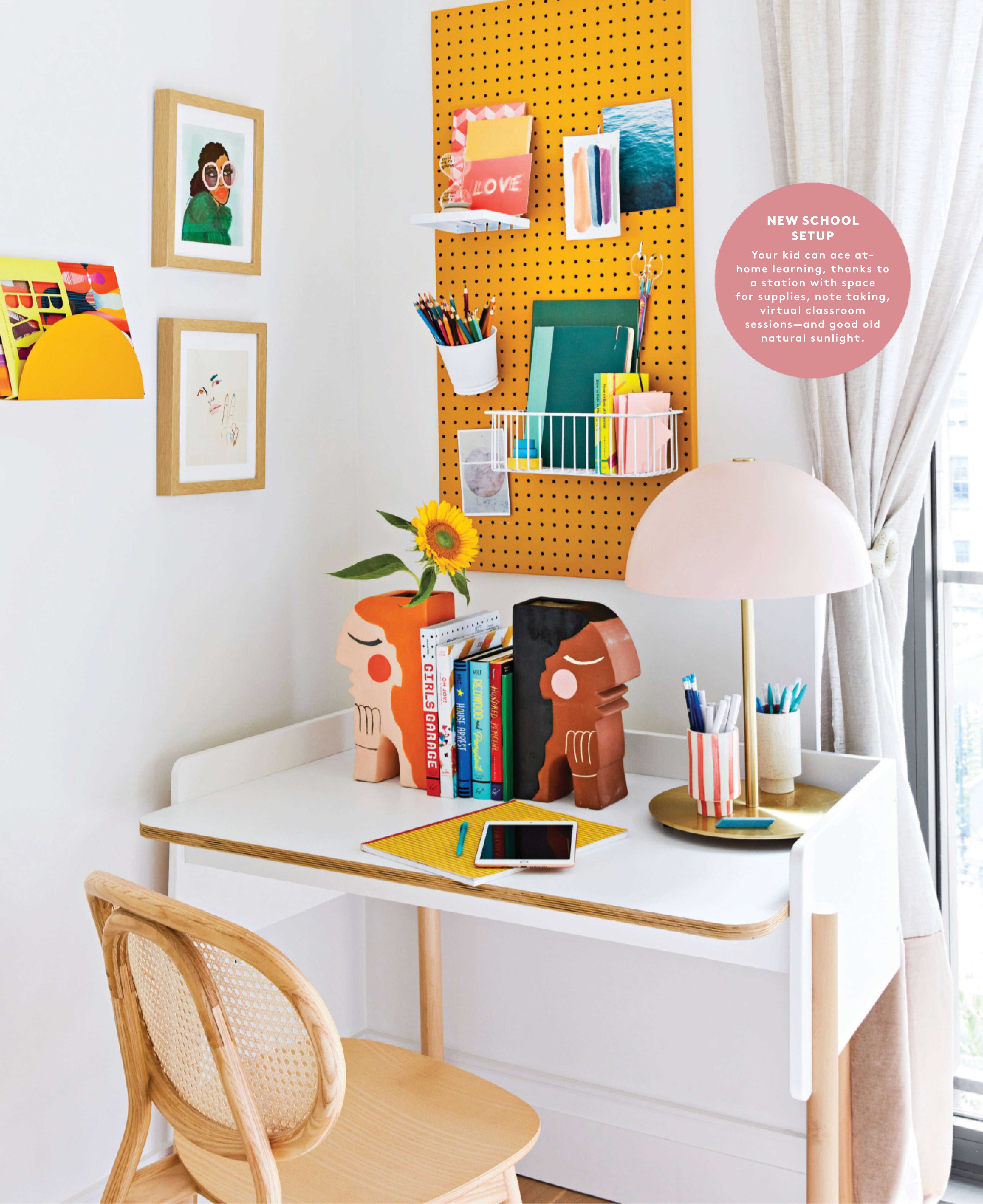
Joy Cho

@ohjoy

"When using a bold color, keep the remaining pieces neutral. Here, we went with white, light wood, and brass accents, which don't compete with the strong shade."

TO BUY: (This page) Wall Mural in Mountain Sunshine by Christina Flowers, from $275; minted.com. Olivia Bed, $189; shopthenovogratz.com. The Purple Mattress, $649 (twin); purple.com. Fern Quilt Cover, $135, Chalk Linen Scallop and Chalk Spot Linen Pillowcases, $59 each, and Velvet Penny Round Cushion Cover, $49; castleandthings.com.au. Salt Cotton Bed Pillow, $10, and Wamsutta Cool & Fresh Down Alternative Comforter, $130; bedbathandbeyond.com. Task Floor Lamp, $129; cb2.com. Marte Nightstand, $169; urbanoutfitters.com. *Tout Est Magique* by Hôtel Magique Art Print, $90; hotelmagique.com. Kaya 3-Piece Ceramic Planter by Justina Blakeney, $68; jungalow.com. Faux Aloe Stem, $28, and Faux Hens & Chicks Stems, $20 each; shopterrain.com. Creativity Journal; poketo.com for similar. Alma Fringe Rug, $299; crateandbarrel.com. **(Opposite page)** The 100 Pegboard, $211, and Arc Shelf, $40; pegandboard.com. Brooklyn Desk, $575; oeufnyc.com. Cane 21 Chair; industrywest.com for similar. *Green Coat* by Theebouffants Art Print, $80, and *Peace* by Sabrena Khadija Art Print, $44; society6.com. Hanna Pink Table Lamp, $199; cb2.com. Kaya Ceramic Cups by Justina Blakeney, $20 each, and Face Bookend Vases by Justina Blakeney, $98 each; jungalow.com. Iridescent Scissors, $22, and Chroma Double Tip Markers Set, $18; poketo.com. iPad mini, from $399; apple.com. Belgian Flax Linen and Luster Velvet Curtain, $109; westelm.com. Sofia Curtain Tie-Back, $29; urbanoutfitters.com. Most books provided by Chronicle Books.

HEADSHOT COURTESY OF LILY GLASS

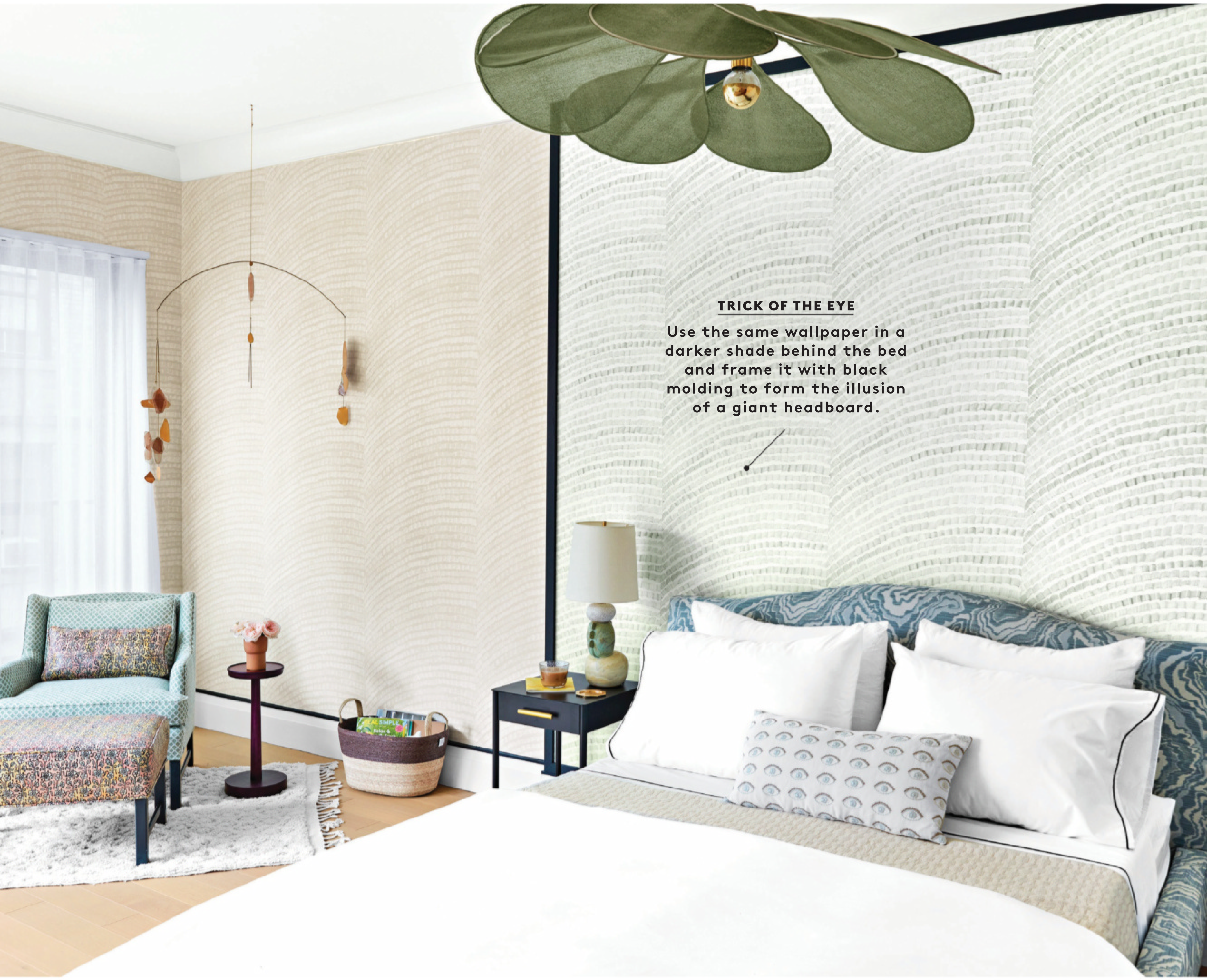

LOVE
GIRLS GARAGE
OH JOY!
HOUSE ARREST
REDWOOD and Ponytail

NEW SCHOOL SETUP

Your kid can ace at-home learning, thanks to a station with space for supplies, note taking, virtual classroom sessions—and good old natural sunlight.

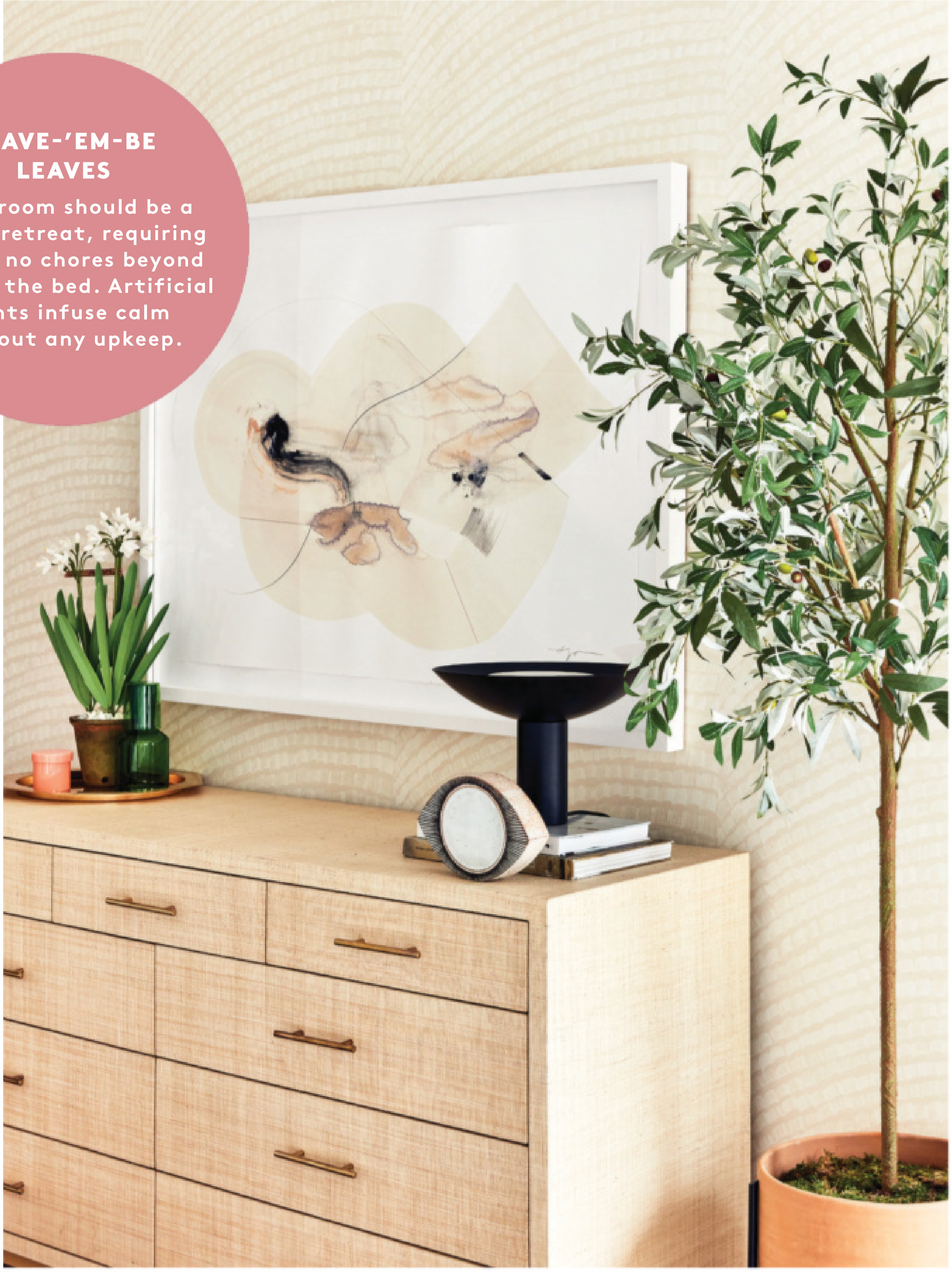
OWNER'S SUITE

The combination of natural elements, textures, and patterns in a muted palette creates an oasis for sleep.



TRICK OF THE EYE

Use the same wallpaper in a darker shade behind the bed and frame it with black molding to form the illusion of a giant headboard.



LEAVE-'EM-BE LEAVES

A bedroom should be a serene retreat, requiring few to no chores beyond making the bed. Artificial plants infuse calm without any upkeep.

BIG IDEA

The safest way to mix patterns is to unify them thematically (these are all small, repeating designs) and tonally (all neutrals here).

Rebecca Atwood

@rebeccaatwooddesigns

"Color helps tell the story of your space. For this room, we opted for shades rooted in nature: Green is restorative, while taupe and other neutrals are restful. The black accents give the soft palette a little edge."

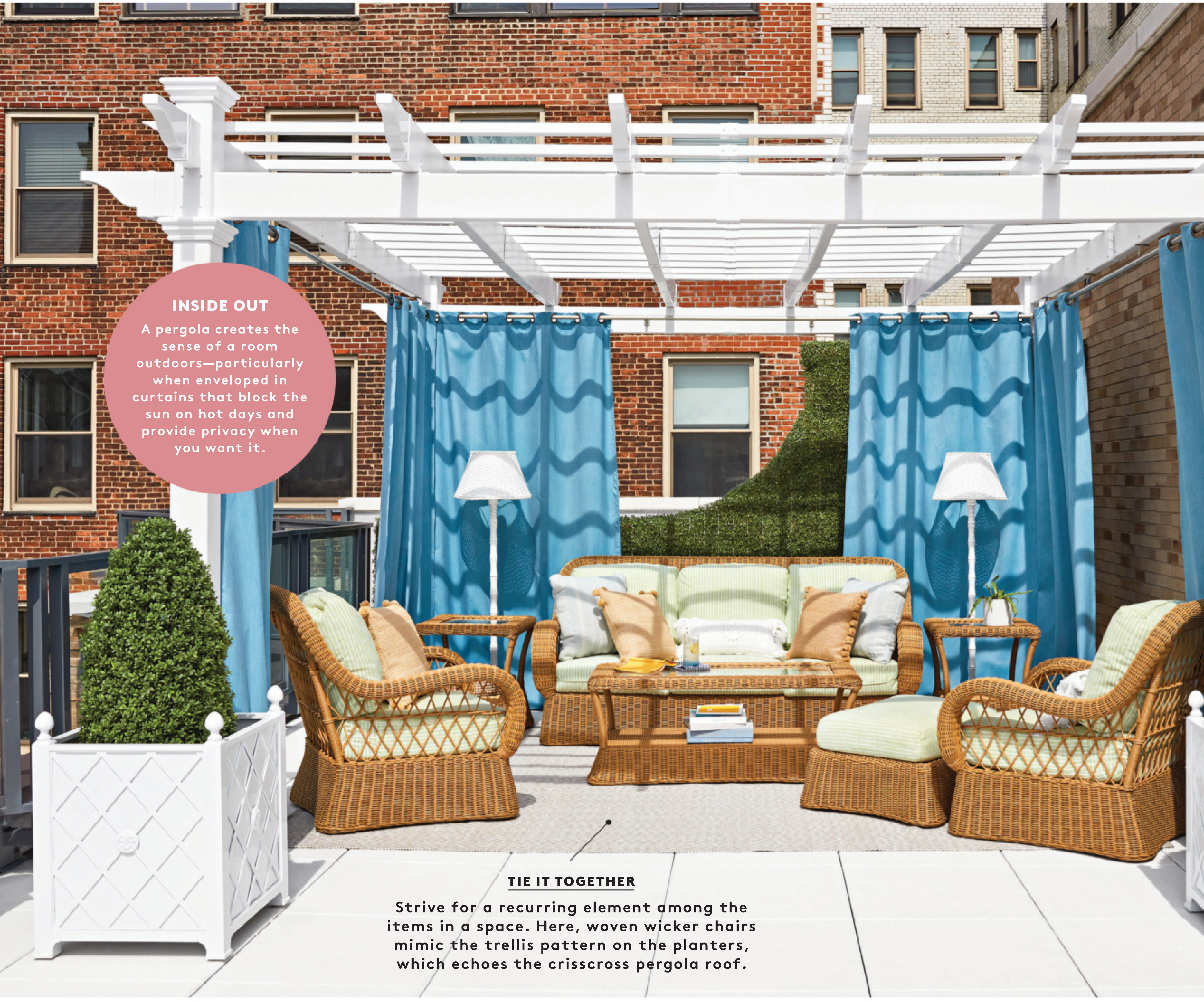
Kate Hamilton Gray

@hamiltongraystudio

"Touches of customization make the space feel unique and tailored to your style. It doesn't have to be complicated or expensive, just something extra to add charm—like the black molding we used here."

TO BUY: (This page) Potted Olive Tree, $219; frontgate.com. Cantaro Pot; the-citizenry.com for similar. *Livvia VII* by Laura Naples; upriseart.com for similar. Carmen Grasscloth Dresser, $3,075; shopsocietysocial.com. Arundel Up Light, $775; incommonwith.com. New Eye White, $175; mquan.com. Custom paper floral arrangement by Livia Cetti; thegreenvase.com for info. **(Opposite page)** Custom Kaden Bed, $2,932; benchmademodern.com. Marble Geode Fabric in Pale Marine (on bed frame), $185 per yard, Evil Eye Pillow Cover, $249, and Arches Wallpaper in Parchment and Grass, $70 per yard; rebeccaatwood.com. The Purple Mattress, $1,149 (queen); purple.com. Haven Percale Sheet Set and Duvet Set; crateandbarrel.com for similar. Metalwork Nightstands, $299 each; westelm.com. Devoe and Sutton Lamps, $1,200 each; calyerceramics.com. Georges Pale Pendant Light; en.smallable.com for similar. *Lightness of Joy No. 20* by Christina Watka (mobile); upriseart.com for similar. Vintage chair and ottoman; chairloom.com for similar. Lattice Fabric in Grass (on chair), $125 per yard; rebeccaatwood.com. Custom Hand-Dyed Leather in Calico (on ottoman); avoavo.com for info. Makaua Oval Floor Basket in Piedra, $85; goodeeworld.com. 20-Inch Drink Stand in Beet Stain with Cognac Leather Top; oandgstudio.com for info. Leena Accent Rug, $425; the-citizenry.com. Custom drapery by Howard's Reupholstery & Window Treatments Inc.; howardsupholstery.com.

HEADSHOTS, FROM TOP: COURTESY OF TORY WILLIAMS; COURTESY OF GENEVIEVE GARRUPPO



INSIDE OUT

A pergola creates the sense of a room outdoors—particularly when enveloped in curtains that block the sun on hot days and provide privacy when you want it.

TIE IT TOGETHER

Strive for a recurring element among the items in a space. Here, woven wicker chairs mimic the trellis pattern on the planters, which echoes the crisscross pergola roof.

TERRACE

Deep, cushioned furniture and weatherproof floor lamps bring elements of interior decor outside, giving the deck cozy vibes all day long—and after dark.

18+

WHAT IS
AVAXHOME?

AVAXHOME -

the biggest Internet portal, providing you various content: brand new books, trending movies, fresh magazines, hot games, recent software, latest music releases.

Unlimited satisfaction one low price
Cheap constant access to piping hot media
Protect your downloadings from Big brother
Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages
Brand new content
One site

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AvaxHome - Your End Place

We have everything for all of your needs. Just open https://avxlive.icu

BIG IDEA

To give the terrace a thriving-greenhouse look—while providing privacy—Roxy covered a fence with faux boxwood "wallpaper." That's just one example of the no-maintenance fake plants she mixed in with the real deal to achieve an always-lush environment.

Roxy Te

@societysocial

"The goal here was to bring the feel of a French garden to a Manhattan rooftop. Raised planters offer a smart solution for city living, or any small outdoor space. They're mobile and compact—perfect for infusing the area with flowers, herbs, or other greenery."

DIVIDE AND CONQUER

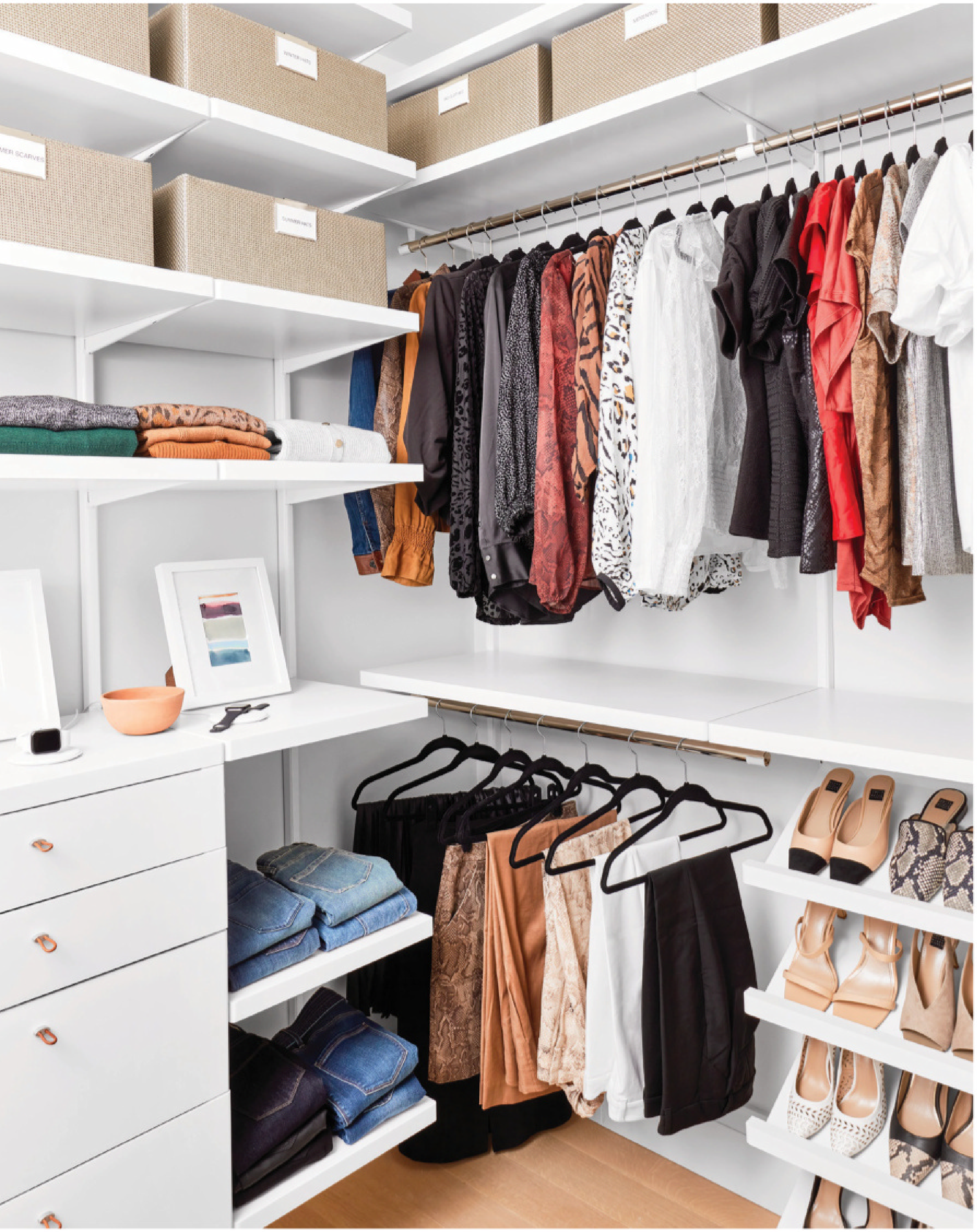
The key to making a large outdoor space functional is to separate it into sections, and anchor each with a pretty outdoor rug. If you have a lawn instead of a patio, use stepping stones to outline zones.

TO BUY: (This page) Chalk Hill Dining Table, $3,598, and Outdoor Riviera Dining Side and Arm Chairs, from $348; serenaandlily.com. Greenes Fence Original Cedar Elevated Garden Beds; homedepot.com. Diamond Rug (this page and opposite), $792; annieselke.com. Hydrangeas provided by Endless Summer Hydrangeas; endlesssummerblooms.com. Gardening by Christopher Freimuth; cfgardens.com. **(Opposite page)** New England Arbors Regency White Vinyl Pergola; homedepot.com. Claremont Outdoor Furniture Collection (available in November); shopsocietysocial.com. Waterproof Outdoor Wicker Floor Lamps, $170 each; plowandhearth.com. Sunbrella Solid Outdoor Grommet Curtains, $159 per panel; potterybarn.com. Rounded Cone Outdoor Boxwood Topiaries, $499 each, and Delmont Planters, $799 each; frontgate.com. Pillow Covers in Montecito and Salerno, $98 each; serenaandlily.com. Airstream Striped Pillows (for similar) and Faux Natural Fiber Pom Pom Pillow, $50; potterybarn.com. Enduraleaf by New Growth Designs Tea Leaf Interlocking Mats; newgrowthdesigns.com for info.

HEADSHOT COURTESY OF SOCIETY SOCIAL

STORAGE & ORGANIZATION

The setup inside closets and drawers has as much impact on the overall experience of a home as the decor.



BIG IDEA

Give your closet an instant face-lift by sorting clothes by type, sleeve length, and color—and using the same type of hanger. You'll maximize space and immediately be able to identify what you're looking for.

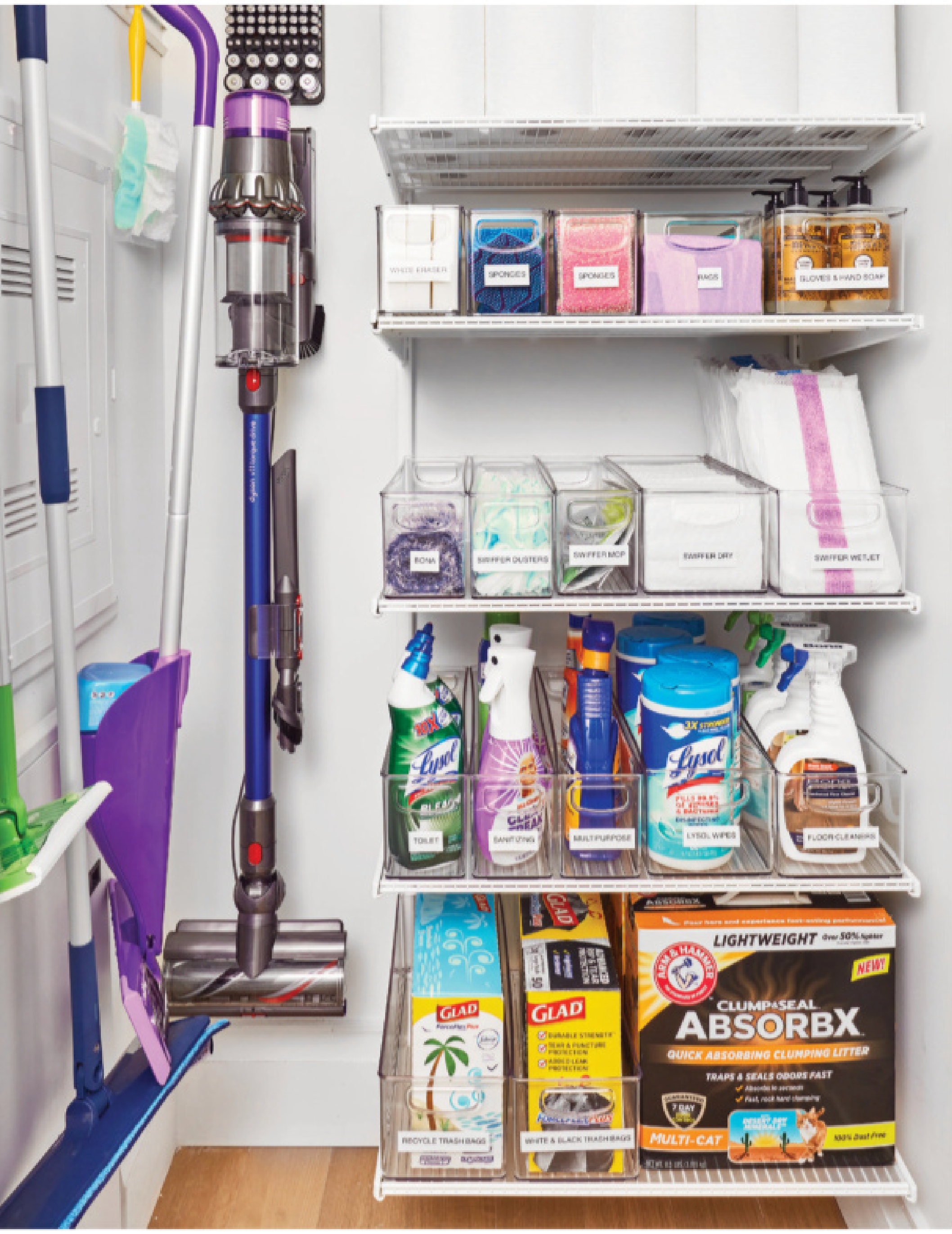
Jamie & Fillip Hord

@horderly

"Consider who is reaching for what when planning the organization of any space. Keep snacks on a low pantry shelf, for example, if you want kids to be able to grab what they need for themselves."

TO BUY: Clothes and shoes from White House Black Market; whitehouseblackmarket.com. Custom Elfa Shelving, from $150, Woven Kiva Storage Bins, $18 each, and Premium Non-Slip Velvet Suit Hangers, $36 for 40; containerstore.com. Ekho Design Half Sphere Terracotta Planter, $28; bloomist.com. Custom art by Rebecca Atwood. Wood Gallery Single Opening Frames, $30 each; potterybarn.com. Apple Watches Series 5, from $399, and Apple Watch Magnetic Charging Docks, $79 each; apple.com.

HEADSHOT COURTESY OF HORDERLY


SPONGES
SPONGES
RAGS
GLOVES & HAND SOAP
BONA
SWIFFER DUSTERS
SWIFFER MOP
SWIFFER DRY
SWIFFER WETJET
TOILET
SANITIZING
MULTIPURPOSE
LYSOL WIPES
FLOOR CLEANERS
RECYCLE TRASH BAGS
WHITE & BLACK TRASH BAGS

BIG IDEA

Corral smaller items into groups and store them in labeled containers for a no-fail system. These bins keep deep shelves neat and tidy, especially in a pantry or utility closet. In the fridge, labeled shelves make unloading groceries a breeze.

CANS
SPREADS / SALSAS / CONDIMENTS / SAUCES
DIPS
BUTTER

COOKIES
SNACK BARS
SWEETS
NUTS
NUTS
DRIED FRUIT
RAISINS
CHIPS
PRETZELS CRACKERS

ON THE RISE

A shelf just a few inches off the floor keeps you honest—so you stay mindful of what fits and don't end up just tossing stuff on the floor.

STORE THINGS SIDEWAYS

Rest spare supplies on their sides or with labels facing up so you can see exactly what you have (instead of a collection of caps and lids that all look alike).

EXPERIENCE THE REAL SIMPLE HOME

Hover your phone's camera over this smart code to take a video tour of the space starting September 18.

TO BUY: (Utility closet) Custom Elfa Shelving, from $150, Battery Organizer & Tester, $17, and iDesign Linus Deep Drawer Bins, from $16; containerstore.com. Dyson V11 Torque Drive Cordless Vacuum, $700; dyson.com. Brother P-touch Cube Plus Label Maker, $100; brother .com. Thanks to these brands for supplies: Arm & Hammer, Bona, Casabella, Energizer, Glad, Lysol, Microban, Mr. Clean, Mrs. Meyer's, and Swiffer. **(Bathroom drawers)** Like-It Bricks, from $5; containerstore.com. Stitched Edge Bath Towel, $58; weezietowels.com. Thanks to these brands for supplies: 1801, Cocofloss, J.R. Watkins, Marvis, Megababe, Scünci, and Slipsilk. **(Fridge)** Thanks to these brands for supplies: Bertoli, Frontera, Good Foods, Gotham Greens, Gulden's, Kerrygold, Spindrift, and Whole Foods Market. **(Pantry)** iDesign Linus Deep Drawer Bins, from $16, iDesign Linus 11-Inch Divided Lazy Susan, $25, Water Hyacinth Storage Bins, $18 each, and White Bin Clip Labels, $10; containerstore.com. Thanks to these brands for supplies: Blue Diamond Almonds, Fisher, Hippeas, Kettle Brand, Larabar, MadeGood, Miss Jones Baking Co., Pepperidge Farm, Snack Factory, Sun-Maid, Terrasoul, and Wonderful Pistachios.

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REAL SIMPLE HOME

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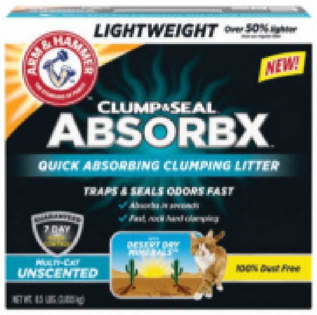

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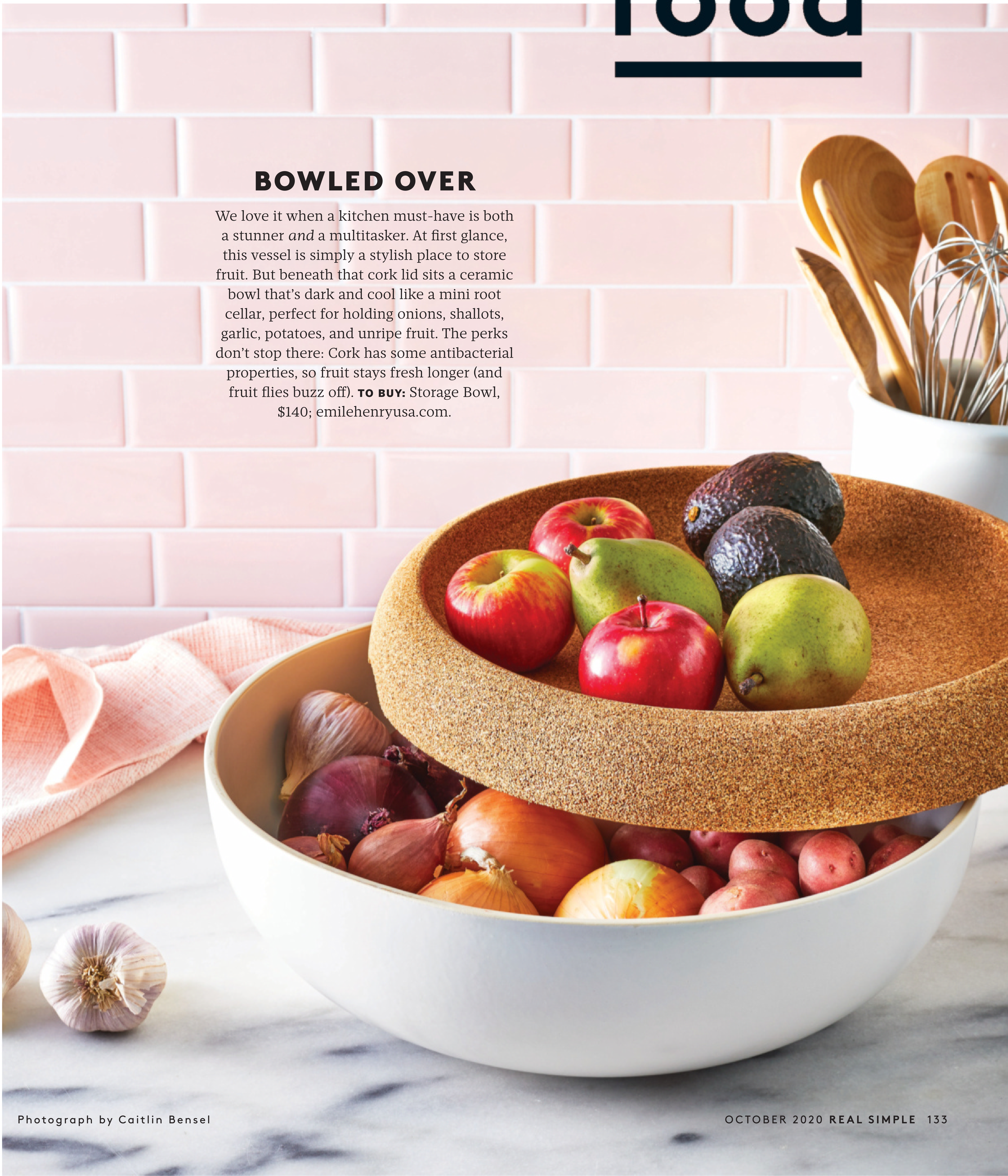
5 EASY DINNERS
PLANT POWERED: SPICED RICE WITH CRISPY CHICKPEAS
BIG BATCH: SHEET PAN APPLE CRISP

food



BOWLED OVER

We love it when a kitchen must-have is both a stunner *and* a multitasker. At first glance, this vessel is simply a stylish place to store fruit. But beneath that cork lid sits a ceramic bowl that's dark and cool like a mini root cellar, perfect for holding onions, shallots, garlic, potatoes, and unripe fruit. The perks don't stop there: Cork has some antibacterial properties, so fruit stays fresh longer (and fruit flies buzz off). **TO BUY:** Storage Bowl, $140; emilehenryusa.com.

FOOD STYLING BY RISHON HANNERS; PROP STYLING BY KAY CLARKE

Photograph by Caitlin Bensel

Easy Dinner 1

One-Tray Maple Pork Chops

ACTIVE TIME **15 MINUTES** TOTAL TIME **25 MINUTES** SERVES **4**

✓Quick Cooking ✓One Pan ✓Gluten-Free

- 4 8-oz., ½-in.-thick bone-in center-cut pork chops
- 1¼ tsp. kosher salt, divided
- ¾ tsp. freshly ground black pepper, divided
- 1 Tbsp. whole-grain mustard
- 1 Tbsp. pure maple syrup
- ¼ cup olive oil, divided
- 1 lb. parsnips, thinly sliced (about 2½ cups)
- 1 small bulb fennel, cored and thinly sliced (about 3 cups), fronds reserved for serving
- 2 small red apples, such as Honeycrisp, sliced
- 2 cloves garlic, finely chopped

PREHEAT oven to 450°F with rack in center position. Season pork with 1 teaspoon salt and ½ teaspoon pepper. Arrange on 1 side of a large, rimmed baking sheet. Whisk mustard, syrup, and 1 tablespoon oil in a small bowl; brush mixture on top of pork.

TOSS parsnips, fennel, apples, and garlic with remaining ¼ teaspoon each salt and pepper and 3 tablespoons oil in a large bowl until coated. Arrange mixture in a single layer on other side of baking sheet.

BAKE until vegetables are tender, about 10 minutes. Increase oven temperature to broil (do not remove baking sheet from oven). Broil until vegetables start to turn golden and slightly crisp and a thermometer inserted in thickest portion of pork registers 145°F, about 4 minutes. Top parsnip-fennel mixture with fennel fronds and serve.

PER SERVING: 584 Calories, 23g Fat (5g Saturated), 156mg Cholesterol, 10g Fiber, 53g Protein, 41g Carbs, 852mg Sodium, 19g Sugar (3g Added)

Recipes by Melissa Gray
Photographs by Caitlin Bensel

FOOD STYLING BY RISHON HANNERS; PROP STYLING BY CLAIRE SPOLLEN

Easy Dinner 2

Curried Chicken Soup

ACTIVE TIME **35 MINUTES**
TOTAL TIME **35 MINUTES** SERVES **4**

✓Freezable ✓Make Ahead
✓One Pot ✓Family Friendly

1 Tbsp. olive oil
1 small yellow onion, chopped
2 tsp. curry powder
5 cups low-sodium chicken broth
8 oz. carrots, halved lengthwise and sliced (about 1⅓ cups)
1 cup ditalini or other short pasta
3 cups shredded cooked chicken (from 1 rotisserie chicken)
2 cups baby spinach
2 Tbsp. fresh lemon juice (from 1 lemon)
1 tsp. kosher salt
½ tsp. freshly ground black pepper
Toasted naan, for serving (optional)

HEAT oil in a heavy-bottomed pot over medium-high. Add onion and cook, stirring occasionally, until softened, 3 to 5 minutes. Add curry and cook, stirring, until fragrant, about 30 seconds. Stir in broth and carrots and bring to a simmer over medium-high, stirring occasionally. Continue simmering, stirring often, for 10 minutes.

STIR in pasta. Reduce heat to medium and cook, stirring occasionally, until pasta and carrots are tender, about 10 minutes. Stir in chicken, spinach, lemon juice, salt, and pepper; cook until spinach is wilted, about 1 minute. Serve with naan, if desired.

PER SERVING: 488 Calories, 10g Fat (2g Saturated), 96mg Cholesterol, 5g Fiber, 46g Protein, 56g Carbs, 973mg Sodium, 6g Sugar

Easy Dinner 3

Turkey-Pumpkin Chili

ACTIVE TIME **20 MINUTES** TOTAL TIME **35 MINUTES** SERVES **4**

✓Freezable ✓Make Ahead ✓One Pot
✓Gluten-Free ✓Family Friendly

2	Tbsp. olive oil
1	small yellow onion, chopped
1	lb. 93% lean ground turkey
1	Tbsp. plus 1 tsp. ground coriander
2½	tsp. smoked paprika
1½	tsp. kosher salt
2	15-oz. cans cannellini beans, drained and rinsed
1	15-oz. can pumpkin
1½	cups low-sodium chicken broth
	Hot sauce, sour cream, and sliced scallions, for serving

HEAT oil in a medium heavy-bottomed pot over medium-high. Add onion and cook, stirring occasionally, until tender, about 5 minutes. Stir in turkey, coriander, paprika, and salt; cook, stirring occasionally, until turkey is browned, about 5 minutes.

STIR beans, pumpkin, 1¾ cups water, and broth into turkey mixture. Bring to a simmer over medium-high, stirring occasionally. Reduce heat to medium and cook, stirring often, until heated through, about 15 minutes. Top with hot sauce, sour cream, and scallions.

PER SERVING: 482 Calories, 17g Fat (4g Saturated), 84mg Cholesterol, 15g Fiber, 38g Protein, 47g Carbs, 1,391mg Sodium, 8g Sugar

Easy Dinner 4

Green and White Pizza

ACTIVE TIME **15 MINUTES** TOTAL TIME **30 MINUTES** SERVES **4**

✓Quick Cooking ✓Vegetarian ✓Family Friendly

	Yellow cornmeal, for baking sheet
2	Tbsp. olive oil
3	cloves garlic, finely chopped
4	cups chopped fresh broccoli rabe (from 1 bunch)
1	Tbsp. lemon zest (from 1 lemon)
½	tsp. kosher salt
1	lb. store-bought pizza dough, at room temperature
½	cup crème fraîche
1	cup low-moisture part-skim mozzarella cheese, shredded
¼	cup Parmesan cheese, shredded
	Chopped toasted walnuts and crushed red pepper, for serving

PREHEAT oven to 500°F. Lightly dust a large, rimmed baking sheet with cornmeal. Cook oil and garlic in a large skillet over medium, stirring often, until fragrant, about 1 minute. Stir in broccoli rabe, ¼ cup water, lemon zest, and salt. Cover and cook, undisturbed, until tender, about 5 minutes. Remove from heat.

DIVIDE dough in half. Stretch each piece into a 15-by-5-inch oval on prepared baking sheet. Spread crème fraîche evenly over dough, leaving a ¼-inch border. Sprinkle with mozzarella, broccoli rabe mixture, and Parmesan.

BAKE until crust is golden and cheese is melted, 12 to 15 minutes. Slice and top with walnuts and crushed red pepper.

PER SERVING: 597 Calories, 29g Fat (12g Saturated), 63mg Cholesterol, 3g Fiber, 22g Protein, 64g Carbs, 1,269mg Sodium, 2g Sugar

Easy Dinner 5

Greek-Style Shrimp and Potatoes

ACTIVE TIME **10 MINUTES**
TOTAL TIME **35 MINUTES** SERVES **4**

✓One Pot ✓Gluten-Free

- 1 Tbsp. olive oil
- 1 yellow onion, chopped
- 5 cloves garlic, thinly sliced
- 1 28-oz. can fire-roasted diced tomatoes
- 1 24-oz. pkg. baby Yukon Gold potatoes, halved crosswise
- 1 lb. green beans, trimmed
- 1 Tbsp. chopped fresh dill, plus more for serving
- 1½ tsp. kosher salt, divided
- ¾ tsp. freshly ground black pepper, divided
- 1½ lb. peeled and deveined large raw shrimp
- Crumbled feta cheese, for serving (optional)

HEAT oil in a heavy-bottomed pot over medium-high. Add onion and garlic and cook, stirring occasionally, until just tender, 3 to 5 minutes. Stir in tomatoes and potatoes. Add green beans, 1 cup water, dill, 1 teaspoon salt, and ½ teaspoon pepper in an even layer over tomato mixture (do not stir). Reduce heat to medium. Cover and cook, undisturbed, for 25 minutes.

UNCOVER pot, stir in shrimp, and season with remaining ½ teaspoon salt and ¼ teaspoon pepper. Cook, uncovered, stirring occasionally, until shrimp are pink and cooked through, vegetables are tender, and tomato sauce is slightly thickened, about 5 minutes. Top with dill and feta, if desired.

PER SERVING: 397 Calories, 6g Fat (1g Saturated), 214mg Cholesterol, 9g Fiber, 31g Protein, 59g Carbs, 2,206mg Sodium, 15g Sugar

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Brown smoked ham (sliced ¼-inch thick) in oil in a large skillet over medium heat. Set aside. In the same pan, combine ½ cup apple cider, 2 tbsp light brown sugar, and 2 tbsp mustard. Cook over low heat until thickened. Return ham to pan to coat both sides. Remove from heat. Place a slice of Sargento® Reserve Series™ Fresh Asiago cheese on the bottom halves of 4 potato rolls. (Try substituting Sargento® Reserve Series™ Aged White Natural Cheddar or Aged Gouda Natural Cheese for an added twist.) Place 3-4 slices of ham over cheese. Spoon deli coleslaw over ham. Top with remaining cheese slices over slaw. Place bun tops over cheese. Serve.

A DELICIOUS TWIST ON A FAMILY FAVORITE: ZUCCHINI MAC 'N CHEESE

Bring 6 cups of water to a simmer. Add 1 tbsp olive oil, 1 tsp salt, and 10 cups zucchini noodles. Cook for one minute, then plunge noodles into ice bath to stop cooking process. Drain, pat dry, and set aside. (Try substituting zucchini noodles with regular pasta for a more traditional take.) Add 1 cup chicken broth,1 cup cream to a preheated skillet, and bring to a boil. Combine 1½ cups Sargento® Reserve Series™ Aged Italian Blend Shredded Cheese and 1 tbsp cornstarch, and stir into broth mixture. Cook until thickened. Fold in ½ cup sun-dried tomatoes and zucchini noodles. Remove from heat and plate. Sprinkle crumbled bacon on top. Serve.

EASY-TO-MAKE MEXICAN: BBQ CHICKEN TOSTADAS

Brush both sides of 8 small flour tortillas with 2 tbsp vegetable oil, and place on foil-lined baking sheet. Broil until golden brown and crisp. Let cool while you stir 4 cups cooked chicken with ¾ cup barbecue sauce until well coated. Spread 1 cup refried black beans over tortillas; top with chicken and Sargento® 18-Month Aged Cheddar Shredded Cheese. Broil until cheese is melted. Dollop tostadas with ¼ cup sour cream and ¼ cup salsa, and sprinkle with thinly sliced green onions. Serve.

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Spiced Rice with Crispy Chickpeas

SPOONFUL AFTER SPOONFUL, THIS IS COMFORT FOOD AT ITS BEST—FRAGRANT, FLAVORFUL, AND THOROUGHLY SATISFYING.

By Ananda Eidelstein

ACTIVE TIME **45 MINUTES**
TOTAL TIME **45 MINUTES**
SERVES **4**

1	cup basmati rice
5	Tbsp. olive oil, divided
2	large shallots, cut into wedges
1½	tsp. kosher salt, divided
2	cloves garlic, finely chopped
1½	tsp. garam masala
6	dried, pitted dates, chopped
1	15.5-oz. can chickpeas, drained, rinsed, and patted very dry
1¼	tsp. ground turmeric
¼	tsp. freshly ground black pepper
⅓	cup salted roasted pistachios, chopped
	Chopped fresh cilantro and plain Greek yogurt, for serving

PLACE rice in a fine-mesh strainer; rinse until water runs clear.

HEAT 1 tablespoon oil in a saucepan over medium. Add shallots and ¼ teaspoon salt; cook, stirring often, until softened, about 4 minutes. Add garlic and rice. Cook, stirring constantly, until edges of rice become translucent, 2 to 3 minutes. Stir in garam masala; cook, stirring, until fragrant, about 30 seconds. Stir in 1½ cups water and 1 teaspoon salt; bring to a boil. Stir, cover, and reduce heat to medium-low. Cook until liquid is absorbed, 10 to 12 minutes.

REMOVE from heat. Stir in dates and fluff rice with a fork. Place a clean towel over saucepan; cover and let stand until rice is tender, about 5 minutes. Fluff rice and transfer to a serving platter.

HEAT 1 tablespoon oil in a large nonstick skillet over medium. Add chickpeas; cook, stirring occasionally, until browned in spots and crisp, 16 to 18 minutes. Add remaining 3 tablespoons oil, turmeric, pepper, and remaining ¼ teaspoon salt. Cook, stirring constantly, until chickpeas are sizzling, about 1 minute.

TOP rice with chickpea and oil mixture, pistachios, and cilantro. Serve with yogurt.

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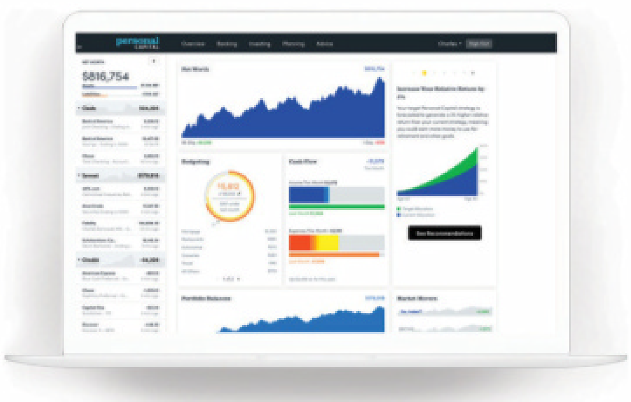

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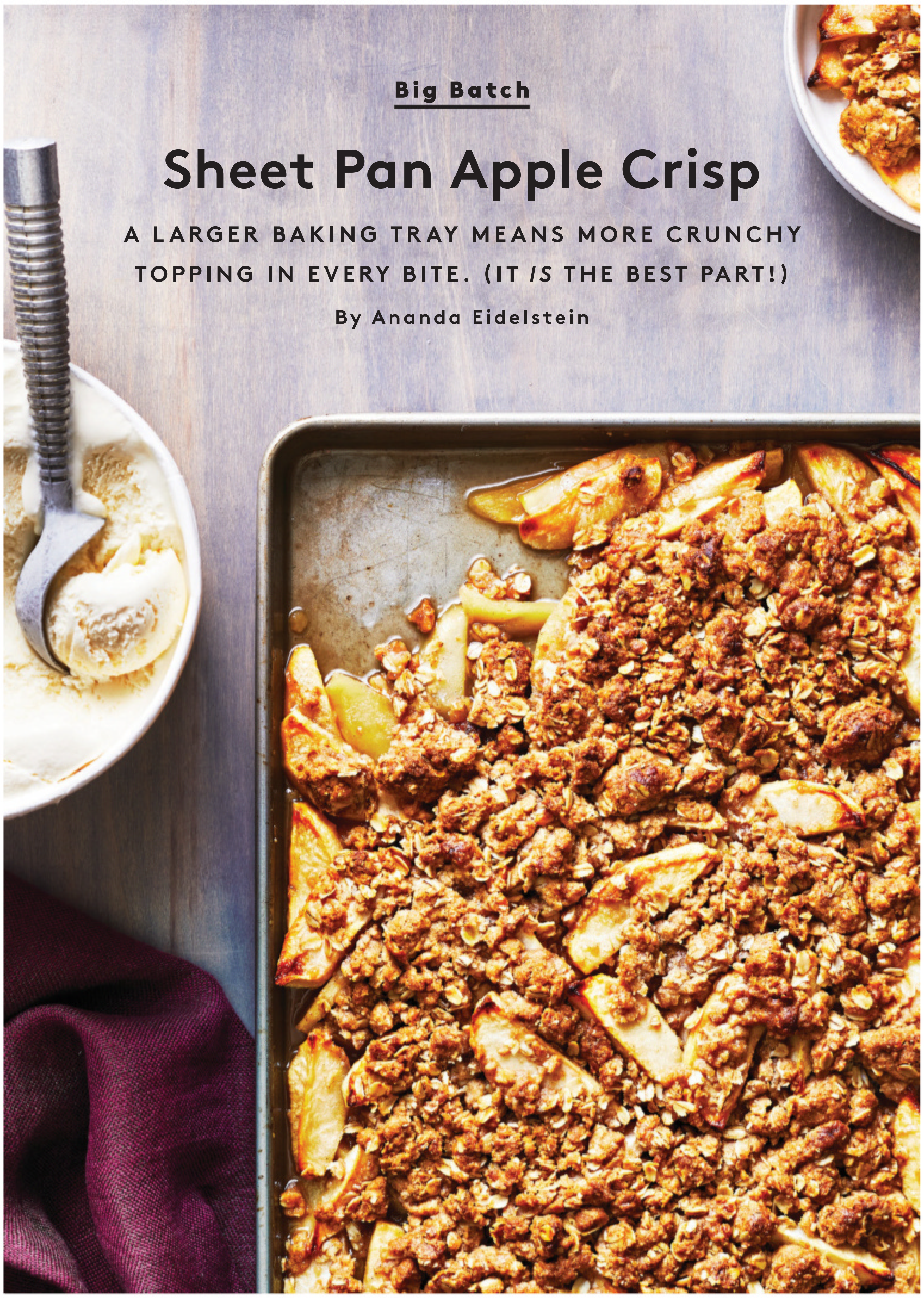

Big Batch

Sheet Pan Apple Crisp

A LARGER BAKING TRAY MEANS MORE CRUNCHY TOPPING IN EVERY BITE. (IT *IS* THE BEST PART!)

By Ananda Eidelstein

ACTIVE TIME **35 MINUTES**
TOTAL TIME **1 HOUR, 30 MINUTES**
SERVES **10**

1	cup (2 sticks) cold unsalted butter, divided, plus more for baking sheet
8	apples (such as Gala), peeled, cored, and sliced (11 cups)
2	Tbsp. fresh lemon juice (from 1 lemon)
1	cup packed light brown sugar, divided
¾	tsp. kosher salt, divided
1	cup old-fashioned rolled oats
1	cup all-purpose flour
¾	tsp. ground cinnamon
½	tsp. ground cardamom (optional)
	Vanilla ice cream (optional)

PREHEAT oven to 375°F. Lightly coat a large, rimmed baking sheet with butter. Microwave 4 tablespoons butter in a microwave-safe bowl on high until melted, 30 to 45 seconds. (Alternatively, melt butter in a saucepan over low.)

TOSS together apples and lemon juice on prepared baking sheet; drizzle with melted butter. Sprinkle with ½ cup sugar and ¼ teaspoon salt and toss until well combined and thoroughly coated. Spread mixture in an even layer.

CUT remaining 12 tablespoons butter into ½-inch pieces. Toss together oats, flour, cinnamon, cardamom, and remaining ½ cup sugar and ½ teaspoon salt in a large bowl until well combined. Add butter pieces; using your fingertips, rub butter into oat mixture until moist clumps form and no dry bits of flour remain. Scatter evenly over apples on baking sheet.

BAKE until topping is golden and crisp, 55 to 60 minutes. Let cool for at least 10 minutes. Scoop and serve with ice cream, if desired.

CRISP TIPS

Choose apples that will retain their shape in the oven, like Braeburns, Galas, Honeycrisps, or Pink Ladies. The dessert can be made a day ahead. Just cover and chill after baking, then gently reheat in a low oven, and serve warm and fragrant for all the cozy fall vibes.

FOOD STYLING BY RISHON HANNERS; PROP STYLING BY KAY CLARKE

Photograph by Caitlin Bensel

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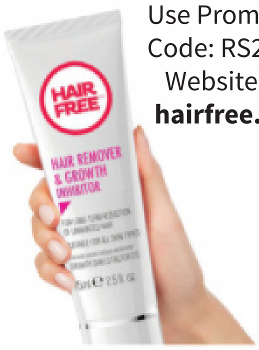

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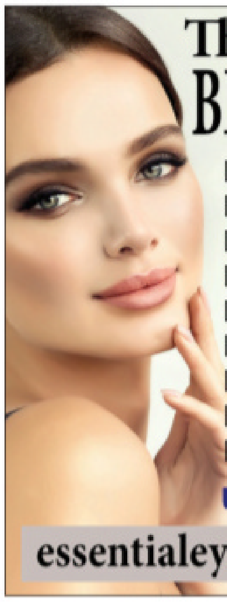

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Deal with a sour dishwasher by filling a mug or bowl with two cups of white vinegar and placing it on the top rack. Run a hot-water cycle sans detergent, and come back to a sparkling appliance that smells practically like new.

NEWSPAPER ABSORBS ICKY TRASH JUICE

After you take out the trash, nestle a few pieces of crumpled newspaper in the bottom of the new garbage bag. The paper will help absorb liquid and neutralize the smell of food waste from dinners past. If the bin has reached unbearable levels of stink, wash it with soapy water, rinse, and dry—then place a scented dryer sheet on the bottom.

STEAM RESTORES SOFT SURFACES

To tackle musty fabrics like throw pillows and upholstered furniture, first vacuum them and then lightly run a clothes steamer over the entire surface. The hot, fine mist helps gently lift away unpleasant aromas.

VANILLA FRESHENS THE FRIDGE

Soak a cotton ball in vanilla extract and leave it uncovered in a small dish near the back of your refrigerator's top shelf. The warm vanilla scent will permeate the fridge, resulting in a sweeter-smelling interior.

MENTAL ART + DESIGN/STOCKSY

Fresh Step
with
febreze
freshness
with
Gain
scent
with
Gain
scent

HECKIN' GÜD

/ hek-in good /
adj.

Used to describe that which is extremely desirable or enjoyable. As in, *"The hooman thinks New Fresh Step with Febreze Freshness and Gain Scent smells HECKIN' GÜD."*

FEBREZE 10-DAY ODOR CONTROL

FRESH STEP *We Speak Cat*

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